

# Community News

The Salad Issue

FREE!  
PLEASE TAKE ONE!

The monthly newsletter of the Moscow Food Co-op • June 2010



## Salad Bar—Another Dream Come True

by Kenna S. Eaton, Co-op general manager

Finally the dream of a Co-op Salad Bar is becoming a reality. We expect the equipment to be delivered in early June and to be set up and running a week or so later. Assuming we will have no major plumbing, electrical, or mechanical challenges, the Salad Bar will then be open for your grazing pleasure.

The Co-op is now in Salad Daze mode, preparing for its arrival. And speaking of Salad Daze, this is a good time to recall and thank all those who participated in the Salad Daze fundraising feast in February of 2009. We raised \$3,000 at that event—enough to install the Salad Bar. Thanks again to everyone involved.

The Salad Bar we ordered is large. It's bright. It's shiny and it's certainly Salad with a capital "S." We'll stock the bar with local greens whenever possible. We have contracted with growers to provide us with : cilantro, parsley, kohlrabi, kale, chard, green cabbage, Savoy cabbage, red cabbage,

garlic, green onions, red onions, yellow onions, cucumbers, and summer squash. There is a high probability that we will also get tomatoes, bell peppers, and eggplant—all local.

When local is not available we'll make every effort to use organically grown. Just about every vegetable that one could put on a salad will be available (within reason) There'll be various forms of protein—seeds, feta, beans, tofu; olives (the pitted kalamata, Sicilian herb, and Greek mix), Co-op homemade salad dressings, Co-op homemade croutons, desserts like puddings and layer cakes, diced fruits like melons and pineapple, three types of soups, or sometimes two soups and one hot something else, like gravy to go with biscuits or hot cereals in the morning (oatmeal, farina, amaranth, etc.).

We will be getting different dishes to go with the bar and there will be to-go packaging options. Plus there will be a scale at the deli register to

help facilitate quick and easy paying. Since the soups will be moving

to the salad bar, we will have an additional pan at the hot bar, so more hot options at our service counter.

Regularly priced at \$7.99/pound, it's totally a great deal: lush salad greens, awesome veggies to add flavor and fiber, cool, crunchy toppings and a whole realm of dressings to choose from...and as an introduction, salad will be only \$7.49/pound...wow. I'm getting hungry just writing this article!



[www.moscowfood.coop](http://www.moscowfood.coop)

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# Community News



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The Salad Issue



## BikeFest Slightly Soggy but Great Fun Nevertheless!

By Lovina Roselle, Co-op Newsletter Volunteer

The Co-op BikeFest happened on Saturday, May 8, under changeable skies, but the occasionally damp weather did not dampen the spirits of the crowds of happy bicyclists who came and enjoyed the festivities. The Three Forks Bicycle Club cooked pancakes on the patio while bikes were repaired, swapped, and sold in the alley. The pancakes gave way to samples from the Co-op kitchen of all their delicious bars, perfect for bicycle snacking (I think the magic bars were the hit of the day), and live bluegrass music by the Cosby Sweater Band. In the afternoon intrepid adventurers headed out on an Alley Cat Treasure Hunt and finishers were rewarded with awesome prizes of stainless steel water bottles donated by the Co-op.

Thanks to all the bicycle mechanics from local shops who came and fixed bikes for free, the Bike 4 Life committee who distributed info about their month-long series of events, the 2nd/3rd grade class of Palouse Prairie School who educated attendees about the Village Bicycle Project, and especially to Emmett Breedlovestrout and Isaac Juley and their families who spent so much time helping organize the event and the treasure hunt.

If you or your organization is interested in participating in next



Above: Cosby's Sweater provided live music for BikeFest 2010. Below: A bicycle gets checked out and adjusted for the season.



year's BikeFest please contact me to be placed on the list to receive

registration materials next year. Thanks!

Follow the Moscow Food Co-op on Twitter! [moscowfoodcoop](http://moscowfoodcoop)

Want to get news about upcoming Essential Cookery, Wellness, and Living classes delivered straight to your email inbox? Sign up by emailing [outreach@moscowfood.coop](mailto:outreach@moscowfood.coop)

The public is welcome to post notices and flyers on the bulletin board outside the Co-op. This board is cleared on the 1st and the 15th of the month. Please do not use staples or tape. Bulletin boards, windows, walls, and shelves inside the Co-op are for Co-op generated or approved materials only. Thank you!

### Co-op E-mail Addresses

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newsletter design: [design@moscowfood.coop](mailto:design@moscowfood.coop)  
newsletter back page bulletin: [events@moscowfood.coop](mailto:events@moscowfood.coop)  
webmaster: [webmaster@moscowfood.coop](mailto:webmaster@moscowfood.coop)  
general manager: [kenna@moscowfood.coop](mailto:kenna@moscowfood.coop)  
membership and outreach coordinator: [outreach@moscowfood.coop](mailto:outreach@moscowfood.coop)  
participating member (volunteer) coordinator: [participate@moscowfood.coop](mailto:participate@moscowfood.coop)

### Board Committee E-mail Addresses

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Board Members Only: [bodfeedback@moscowfood.coop](mailto:bodfeedback@moscowfood.coop)  
Cookbook Committee: [cookbook@moscowfood.coop](mailto:cookbook@moscowfood.coop)  
Dime In Time Committee: [dimeintime@moscowfood.coop](mailto:dimeintime@moscowfood.coop)  
Engagement & Outreach Committee: [engage@moscowfood.coop](mailto:engage@moscowfood.coop)  
Green Commerce Committee: [greencommerce@moscowfood.coop](mailto:greencommerce@moscowfood.coop)  
Sustainability Committee: [sustainability@moscowfood.coop](mailto:sustainability@moscowfood.coop)

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This entire newsletter is posted on the Co-op website in PDF format. Writer's guidelines, as well as selected current and archived newsletter articles, are also available on the Co-op web site: [www.moscowfood.coop](http://www.moscowfood.coop).

For advertising rates and information: contact Jyotsna "Jo" Sreenivasan at 892-0730

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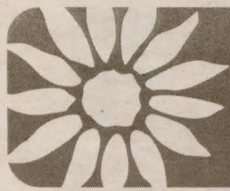
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The Moscow Food Co-op Board of Directors meets the 2nd Tuesday of every month at 6 pm, in the Fiske Room of the 1912 Center. The public is welcome to attend. The agenda for each meeting is posted about one week in advance in the store, and official meeting minutes are placed in the store by the Board bulletin board.



# CO-OPERATIONS

## Moscow Food Co-op Business Partners

Welcome to the new Moscow Food Co-op business partner listings. We've organized them by category to make it easy to find what you're looking for. Let us know if a business you like might make a good partner - we'll send them an application! Applications for the business partner program are available on our website, [www.moscowfood.coop](http://www.moscowfood.coop), or in the front of the store near the suggestion boxes. New business partners are welcome to join at any time; listings in the newsletter and on the website will be updated once a month.

### Food and Beverage

#### One World Café

533 S. Main, Moscow; [www.owc-moscow.com](http://www.owc-moscow.com); 208-883-3537  
50% off One World Café 100% cotton totebags

#### Camas Prairie Winery

110 S. Main Street, Moscow; [www.camasprairiewinery.com](http://www.camasprairiewinery.com); 208-882-0214  
Upon presentation of Moscow Food Co-op Membership Card, customer will receive an extra 5% discount. Must show card at purchase, not after.

### Childcare and Family Services

#### Moscow Parent Toddler Cooperative

208-310-9344; [mptcoop@gmail.com](mailto:mptcoop@gmail.com)  
35% off one semester's tuition

### Professional Services

#### Allegra Print and Imagine

507 S. Main; [allegra@moscow.com](mailto:allegra@moscow.com); 208-882-5449  
10% to Co-op members

#### Copy Court

428 W. 3rd St., Moscow  
10% off to Co-op members

#### Krysta Ficca Photography

[kficca@hotmail.com](mailto:kficca@hotmail.com); 208-596-8101  
10% off all photo shoots

#### Motherwise Midwifery

Nancy Draznin, CPM; [www.motherwisemidwifery.com](http://www.motherwisemidwifery.com); 208-310-3252  
Free pregnancy tea for Co-op members under our care

#### LET's Coach

Eric Torok; [www.letscoach.net](http://www.letscoach.net); 208-301-8047  
20% off the first month of individual coaching

#### LDP Academy LLC

[www.lpdacademy.com](http://www.lpdacademy.com); 208-835-3737  
\$10 off any firearm safety or basic firearm training class

### Retail

#### Tye Dye Everything

527 S. Main St., Moscow; [www.tyedy-everything.com](http://www.tyedy-everything.com); 208-883-4779  
10% discount on your purchase

#### Safari Pearl

221 E. 3rd, Moscow; [www.safaripearl.com](http://www.safaripearl.com); 208-882-9499  
10% off any board game or noncollectible card game

#### Lilliput Maternity and Children's Boutique

312 S. Main, Moscow; 208-882-6262  
10% off purchase of \$50 or more

#### Inland Cellular

672 W. Pullman Rd, Moscow; [www.inlandcellular.com](http://www.inlandcellular.com); 208-882-4994  
10% off monthly calling plans

#### Marketime Drug Inc.

209 E Third St, Moscow; [joannemilot@hotmail.com](mailto:joannemilot@hotmail.com); 208-882-7541  
10% off all gift items

#### Hodgins Drug & Hobby

307 S. Main St, Moscow; [hodgins@turbonet.com](mailto:hodgins@turbonet.com); 208-882-5536  
10% off all purchases, excluding prescriptions

#### The Natural Abode

517 S. Main St., Moscow; [www.thenaturalabode.com](http://www.thenaturalabode.com); 208-883-1040  
10% off natural fertilizers

#### Sid's Professional Pharmacy

825 SE Bishop Blvd #301, Pullman, WA; <http://sidsprofessionalpharmacy.com>; 509-332-4608  
10% off all Medela breast pump and supplies purchases

#### Bebe Bella

[www.bebabella.etsy.com](http://www.bebabella.etsy.com); 208-882-1353  
10% off any baby sling

### Dance and Theatre

#### Spectrum II Art and Dance Studio

525 S. Main Street; [www.spectrum2studio.com](http://www.spectrum2studio.com); 208-882-1445  
10% discount to new students

### House and Garden Services

#### Dr. Arbor Tree Care LLC

208-883-3559  
10% discount on tree work (not yardwork); trees, shrubs, and fruit tree pruning for health and beauty of trees

#### CLEAN GREEN Organic Cleaning Services

[www.CleanGreenOCS.com](http://www.CleanGreenOCS.com); 208-835-3535  
\$15 off any service

#### Green Side Up

208-883-3485  
10% off design services for Moscow Food Co-op members

#### Mindgardens, Eco-Friendly Residential Building Solutions

1230 NW Clifford St, Pullman, WA 99163; [www.buildmindgardens.com](http://www.buildmindgardens.com)  
509-595-4444

10% off hourly service rate and free estimates for Moscow Food Co-op members

#### Spurling House & Garden

512 N. Lincoln; [walteroy@yahoo.com](mailto:walteroy@yahoo.com); 208-669-0764  
10% discount on all compost bins

### Wellness Services

#### Drs. Bailey and Kevin Smith, D.C.

Moscow Health and Wellness Center; 317 W. 6th St. Ste 206, University Pointe Bldg., Moscow; 208-596-2063  
Free initial consultation and exam to include thermographic imaging and a functional neurological evaluation

#### Susan Simonds, Ph.D., Licensed Psychologist

619 S. Washington Street, Moscow; [www.counselingmoscow.com](http://www.counselingmoscow.com)  
208-892-0452  
20% discount for initial evaluation for couples or marital counseling when no insurance coverage is available

#### Integrative Mindworks with April Rubino

3400 Robinson Park Rd, Moscow; [www.integrativemindworks.com](http://www.integrativemindworks.com)  
208-882-8159  
Complementary 30 minute consultation for new private clients who are Co-op members

#### Andrea Masom, Licensed Clinical Counselor

106 E. Third St, 2B, Moscow; 208-882-1289  
Free wellness evaluation

#### Elements of Wellness Aquatic & Manual Therapy Inc.

Dayna K. Willbanks, OTR/L; 827 Troy Highway Suite 170; <http://web.mac.com/elementsofwellness>; 208-892-8888  
10% off the first session which includes a new patient evaluation and initial treatment

#### Natural Health Techniques

1069 Elk Meadow Ln, Deary, ID; [www.NaturalHealthTechniques.com](http://www.NaturalHealthTechniques.com)  
208-877-1222  
\$10 off initial telephone consult with mention of the Co-op Business Partner Program

#### Healing Point LLC Chinese Medicine Clinic

Meggan Baumgartner, LAC; Lauri McKean, LAC

[info@healingpt.com](mailto:info@healingpt.com); [www.healingpt.com](http://www.healingpt.com); 208-669-2287  
\$10 off initial and 2nd treatments

#### Moscow Yoga Center

525 S. Main St.; [www.moscowyogacenter.com](http://www.moscowyogacenter.com)  
10% discount for new students

#### Dr. Linda Kingsbury

627 N. Hayes, Moscow; 208-596-4353; [www.spiritherbs.com](http://www.spiritherbs.com)  
\$10 off first session: holistic healing for body-mind-spirit; herbal medicine; chakra balancing; sound healing; classes.

#### Moscow Felkenkrais

112 W. 4th St., Moscow; 208-883-4395; 208-892-3400  
[www.moveimprove.net](http://www.moveimprove.net)  
\$10 off first individual lesson for new clients

#### Life Compass Institute, LLC

Scott S. Campbell, MS, CPC, CHI; 167 NE Kamiaken street, Pullman, WA  
[LifeCompass@gmail.com](mailto:LifeCompass@gmail.com); 509-338-3694  
Free 20 minute consultation on hypnosis and life empowerment coaching services. 10% discount on hypnosis and life empowerment coaching services.

### Farms

#### RavenCroft Farm

4689 Hwy 95 N, Moscow; [www.ravencroftfarm.com](http://www.ravencroftfarm.com); 208-882-3616  
10% on mini CSA for Summer 2010, 10% off any craft item (jewelry, bags, quilts, sachets, etc.)

#### SkyLines Farm Sheep & Wool

4551 Hwy 6, Harvard, ID, 83834; [www.skylinesfarm.com](http://www.skylinesfarm.com); 208-875-8747  
10% off organically-raised lamb, fleeces, & roving

### Recreation and Lodging

#### Appaloosa Museum and Heritage Center

2720 W. Pullman Rd, Moscow; [www.appaloosamuseum.org](http://www.appaloosamuseum.org); ; 208-882-5578  
The museum offers a 10% discount on the purchase of our gift shop merchandise. We operate a "no-admission cost" museum but do suggest a donation amount.

#### Little Guesthouse on Adams

[www.thelittleguesthouse.com](http://www.thelittleguesthouse.com); 208-669-1654  
15% off a week stay, valid for Co-op members and their relatives. Not valid on special event nights

#### Peterson Barn Guesthouse

[kkramer@moscow.com](mailto:kkramer@moscow.com); 208-882-4620  
10% off first time stay

#### Adventure Learning Camps

PO Box 8245, Moscow; [www.adventurelearningcamps.org](http://www.adventurelearningcamps.org); 208-310-3010  
10% off on trips

#### Shady Grove Farm

[ashley.fiedler@gmail.com](mailto:ashley.fiedler@gmail.com); 208-596-1031  
\$10 off initial English riding lesson or training session

#### Sixth Street Retreat

[www.SixthStreetRetreat.com](http://www.SixthStreetRetreat.com); 208-669-0763  
\$20 off advertised rate for one week's stay

#### Willows House

[lodging@moscow.com](mailto:lodging@moscow.com); 208-882-0127  
10% off daily and weekly rentals

#### Andriette's Bed, Book & Bicycle

115 N. Polk Street, Moscow; 208-596-9701; [andriettes.blogspot.com](http://andriettes.blogspot.com)

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### Members Save:

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Any cashier can help you join, just ask!

Lifetime membership fees are \$150, or you may choose to renew your membership annually at the rate of \$10 per year.

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PO Box 8152  
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Be sure to include the full address where the issues will be sent.



## Art at the Co-op

by Annie Hubble, Art at the Co-op co-ordinator, frontend@moscowfood.coop

Art Walk is back again. This wonderful event is put on by the Moscow Arts Commission. Opening night is Friday June 18. It is a night of community and support of local artists, as hundreds of people wander around town looking at the art shows hosted by local businesses and being entertained by local entertainers.

The Co-op is proud to participate once more. We have two great artists. Mark Howell's photography will be shown from Friday, June 18 - August 4, and Traci Haselhuhn's dreamscapes will be on display from Friday, August 6 - Wednesday, September 8.

I will write more about Traci's art next month but I can assure you it will be well worth a visit to the Co-op.

Mark Howell is a full-time employee of the Co-op, working in the HABA department, and also is employed by

MaryJane's Farm as a field photographer. He sees himself as an "emerging photographer" still in training. He is presenting us with his ideal of beauty, beauty being, he says, after all, "in the eye of the beholder." This is his first solo show, (he has participated in the staff art show in December on previous occasions), and he finds this prospect "scary and exciting." He is settled now in the Palouse area, and many of the images in the show will represent the feelings of comfort and the sense of home he has found here.

We are blessed to have Mark as a member of staff at the Co-op. We as a community are blessed to have him living in the area, and now we are blessed to have the chance to see his art. Thank you, Mark, for taking the risk of sharing your photography with us. And see you all at Art Walk!

## June Co-op Kids

by Rebekka Boysen-Taylor, Co-op Kids! Coordinator

Co-op Kids is a twice-monthly activity for young children and their families, offering healthy, earth-friendly fun and a chance for families to visit. We will meet in the Co-op Cafe this month, and all activities are free.

### Ahoy Summer!

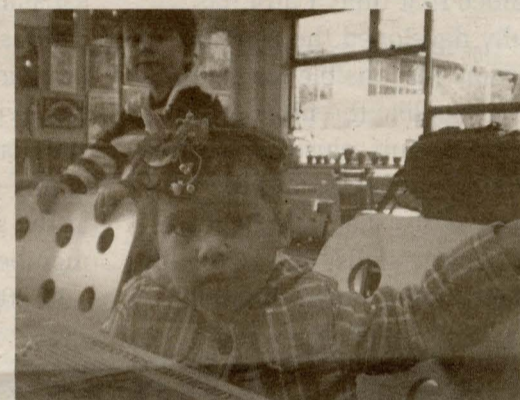
Come join us for a pirate-inspired Co-op Kids on Tuesday, June 8, from 9 -10 a.m. in the Co-op Cafe. We will make a small handprint map and treasure box to spark imaginative play, just in time for summer.

### Origami

Meet us in the Co-op Cafe Tuesday, June 22, from 9 - 10 a.m. to learn the art of paper folding. We will have a special guest from New York who loves teaching origami to children!



In May the children made lovely leaf and flower crowns for Renaissance Fair.



Rebekka Boysen-Taylor is a teacher, writer, and mama here in Moscow.

## Tuesday Night Music at the Co-op: June 2010

by Dave Billin, Co-op newsletter volunteer

With summer upon us and the damp, chilly weather of winter (hopefully) dissolving into memory, the Co-op ratchets its Tuesday Night Music Series up a notch during the month of June. This month's performances feature a change of venue. The concerts will be held outdoors facing the Co-op's parking lot and the Grower's Market. So stop by on Tuesday nights from 5 - 7 p.m. to sample wares from local growers and enjoy a few tunes from this month's musicians.

**June 1—Bart Budwig**  
Moscow-based Bart Budwig's

original alternative country and blues compositions are distinguished by a delightfully heart-rending honesty and a warm, down-home style reminiscent of John Mayer and Ben Folds.

**June 8—Tara Howe**

Tara's ever-evolving pantheistic acoustic folk rock style, drawn from a variety of classic and contemporary influences, manifests itself in a host of powerful original tunes.

With songs that emotionally hopscotch between silent, introspective whispers and impassioned screams, her performances are surely not to be

missed.

**June 15—Corn Mash**

Indie folk rock band Corn Mash delivers their high-energy performance with a distinctly rockabilly flavor. Featuring vocalist/guitarist Bill LaVole, bassist Ryan Gibler, accordion player Joe Evavold, and percussionist Bennett Barr, this is one show you don't want to miss.

**June 22—Mark Maland**

Mark and fellow vocalist/guitarist Cris Peterson comprise a powerful team of songwriting and performing. With smooth

country-rock anthems and soul-searching ballads this duo is sure to leave their audiences with a powerful and lasting impression.

**June 29 - Dan Maher**

The venerable Dan Maher, champion of pub songs, folk ballads, and sea chanteys alike, and host of the Inland Folk radio show returns to the Co-op for an evening of songs and revelry.

### Co-op Music in June

- June 1: Bart Budwig, Alternative country/blues
- June 8: Tara Howe, acoustic folk singer-songwriter
- June 15: Corn Mash, acoustic rockabilly
- June 22: Mark Maland, acoustic rock/country
- June 29: Dan Maher, acoustic folk

### Board of Directors Meeting June 8

The next board of directors meeting is Tuesday, June 8 at 6 p.m. in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6 p.m. and will end at exactly 6:10 p.m. If you have any questions, please feel free to email Christine Locker, board administrative assistant, boardadmin@moscowfood.coop.

Breakfast with the Board will be on June 26th at 11:00 am.

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## Co-op Staffer Gains National Recognition

by Kenna S. Eaton, Co-op general manager

Carol Spurling was hired in August of 2008 as the Co-op outreach co-ordinator. This was the first time we had ever had anyone on staff dedicated to building our Co-op community by improving communication paths, organizing events, and offering classes.

Her background in writing, her life experiences in working on organic farms and her dedication to the Co-op (and what we do) were just a few of the reasons we hired her.

Since that time, Carol has really developed the position and become responsible for creating programs like the films series, the book club, plus the Essential cooking, wellness, and life-style classes that help us learn some basic skills. She is equally responsible for co-ordinating

events such as Cheese Fest and BikeFest that have helped build community and fill our tummies.

In her spare time Carol co-chairs our Engagement and Outreach Committee. That broad-ranging committee is charged with two "petals" of the strategic plan—first "strengthening the Co-op community" and secondly "community engagement, outreach, and education." The committee works on building and strengthening membership, member benefits, member satisfaction, member communications, volunteers, charitable donations, and classes. Carol has, with some help, systematically created many of the programs we were looking for and at the same time built sales and membership.

In 2009 our sales dropped, as

did most businesses', but not nearly as far as we expected. Whew! At the same time our membership grew almost 10%. We feel that both actions are a direct result of the work that Carol does in gaining us more exposure in the community while at the same time differentiating us from our competitors.

As a result of this success, Carol was asked to write an article for the Co-op Grocer magazine explaining what we do, why we do it and results we've seen. Needless to say I was really proud—both of our Co-op and of Carol—to garner that national recognition from our peers.

After the publication of that article (check out our website, [www.moscowfood.coop](http://www.moscowfood.coop), to see the article in pdf format) Carol was asked to teach a

workshop on the same subject at the upcoming Consumers Cooperative Managers Association (CCMA) conference to be held this month in Bloomington, Indiana. This is a pretty big deal. And so I had to brag.

Our Co-op staff is great—together we have an awesome team dedicated to bringing you good food, to helping build community and to helping you learn more about your food and where it comes from. Thanks for your on-going support of us and what we do.



## The Front End News

by Annie Hubble, Co-op front end manager, [frontend@moscowfood.coop](mailto:frontend@moscowfood.coop)

June, in my mind, is one of the most beautiful months on the Palouse. Seeing the gardens growing and flowers everywhere, I feel thankful to live in such a vibrant community that cares so much about its environment. I walk around Moscow a lot, and love to look at everyone's yards as I pass by. I have also much enjoyed the Wisescape display, showing at the Co-op until Wednesday, June 16, which is inspiring in its presentation of properties planned to have as little impact on the environment as possible.

In the almost 20 years I have worked at the Co-op and lived in Moscow, I have been happy to see a steady increase in this kind of awareness. One of the reasons I love working at the Co-op is its dedication, as far as possible, to recycling and reusing.

One thing that most impresses me in the front area of the Co-op is the increasing use of sustainable bags by customers. Many more customers than ever before now use their own packs, cloth bags, string bags, bicycle panniers, and more. With the *A Dime in Time* program the Co-op started a couple of years ago, each bag earns a dime. This dime can save the customer ten

cents, or can be put toward the program. Through this program, the Co-op is able to donate between \$400 and \$500 each month to a local non-profit. I call this very much a win/win solution.

I also want to mention here a second wonderful program the Co-op has had in place for quite a while, but that hasn't earned a lot of attention yet. You can save plastic and paper by paying a deposit on a glass container at the deli. Bring the container back clean and you get your deposit back. Easy! (Due to health code you cannot use your own container for deli food, but the glass containers are a great solution. You can however use your own container for "leftovers" from your delicious deli meal.)

Also, if you bring in your clean but used large grocery bags, we will reuse them. You can bring in your own old coffee bag or small bags or containers and reuse them yourself when buying bulk.

Let's all work together and keep this beautiful town and area lovely and pristine. See you soon in the "best place in town!"

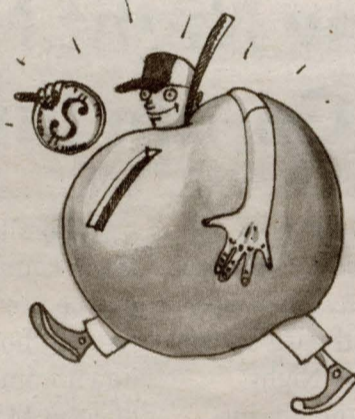
## Price Shopper: Garage Sale Treats

by Joe Pallen and Amy Richard, Co-op newsletter volunteers

What does the beginning of June bring? Spring flowers? Yes. Spring cleaning? Yes. And with spring cleaning what do we usually end up with? Yes, a garage sale.

After our spring cleaning this year we ended up with a few boxes and tables full of stuff ready to invite over some early morning shoppers. To entice folks and make them feel comfortable and cozy on a cool spring morning we provided a variety of teas and a few feel-good snacks.

We decided to check out the prices at the Moscow Food Co-op and Safeway. We selected



organic coffee and a variety of teas to warm our guests along with some chai. We went with Newman O's, Fig Newmans, and Back to Nature Peanut Butter Crème and Fudge Mint cookies.

We were quite surprised at the savings we earned by shopping for these items at the Co-op. We saved \$11.70, which was a nice addition to the garage sale profits. So go ahead and do some spring-cleaning, have a garage sale, and treat your customers to some fine teas and cookies from the Moscow Food Coop!

ITEM	Co-op	Safeway	Difference
Celestial Seasonings teas	\$3.09	\$3.99	-\$0.90
Numi teas	\$5.79	\$7.45	-\$1.66
TAZO teas	\$4.49	\$5.15	-\$0.66
Good Earth teas	\$3.95	\$5.55	-\$1.60
Triple Leaf teas	\$3.19	\$3.39	-\$0.20
Oregon Chai	\$4.29	\$5.49	-\$1.20
*Organic Coffee - French Roast - price per lb.	\$11.99	\$14.89	-\$2.90
Newman O's Original Cookies	\$4.25	\$4.99	-\$0.74
Fig Newmans	\$4.29	\$5.19	-\$0.90
Back to Nature Peanut Butter cookies 9.6 oz.	\$3.79	\$4.59	-\$0.80
Back to Nature Fudge Mint cookies 6.4 Oz.	\$4.55	\$4.69	-\$0.14
<b>Totals</b>	<b>\$53.67</b>	<b>\$65.37</b>	<b>-\$11.70</b>

\* Comparable brands, Cravens Co-op, Safeway Organics at Safeway



## Tuesday Growers Market: Moving the Party

by Britt Heisel, Growers Market co-ordinator

The Tuesday Music line-up and Co-op kitchen will be joining the party in June—moving outside to be a part of the Growers Market. You can come by—pick up some goodies from the market vendors and then enjoy food and music outside in the Co-op courtyard.

We will also be manning our Seed Swap booth through June. We have lots of seeds, pots and plenty of soil. Stop by during any market to plant, swap, or just stock up on seeds you need.

And, just a reminder—please approach the vendors from the 5th Street sidewalk. One of the reasons we moved the market was to minimize pedestrian/vehicle interaction, as this has been a concern of market patrons over the past couple of years. It will take a bit of re-training on all of our parts, but lends itself to a safer and more festive experience! We can now talk, shop, and enjoy the market on the sidewalk instead of keeping an eye out for traffic!

One more thing! We are raffling off a \$25 Gift Card from the Co-op EVERY week. Purchase from a grower and enter to win! Look for the containers at every booth. You can enter at more than one booth (one entry per booth).

See you at the market!

Britt is filled with joy at all of the new life spring brings—plant and animal. Congratulations to all of the spring babies being born on the Palouse this year!



### Growers and June Produce

#### Avon Eggs/Tourmaline Farms (Kyle Bujnicki and Daryl Swanstrom):

Tourmaline Farms will have certified organic eggs, pre-orders for certified organic chicken grown on pasture, also pre-orders for grass-fed and finished beef.

#### Buffalo Girls Farm and Spring Valley Gardens (Ludmilla Saskova and Bobbie Mertle):

Organic eggs, vegetables, flowers, raspberry and herb starts, flower hanging baskets.

#### Backyard Harvest (Amy Grey):

Providing USDA Food Stamps to Shop the Market!

In addition, BYH will be selling flower bunches, raspberries, strawberries, veggie baby hats, t-shirts and note cards.

#### Elk Meadow Farm and Nursery (Denice Moffat and Michael Robison):

Potted flower, heirloom tomato, veggie, and herb starts and farm fresh eggs.

#### Garfield Growers (David and Melody Jones):

Baked huckleberry products such as huckleberry muffins and huckleberry granola bars. Herb and tomato plants.

#### Palouse Prairie Farms (Owners/Operators: Jen Elliott and Chance Chacon):

For Sale: Individual cuts of lamb available weekly. Subscriptions for Meat CSA including beef, lamb, chicken, turkey and eggs. Pre-orders for grass-fed lamb (available this month). Pre-orders for grass-fed beef and lamb (available in the fall). Pre-orders for pastured chicken (available late summer) and turkey (available farm fresh—not frozen—at Thanksgiving).

#### RavenCroft Farm (Dave and Debi Smith):

Salad mix, arugula, spinach, fresh herbs, and hopefully some tiny kale and chard. Also a couple of new items: Miners' Lettuce and dandelion greens!!

We will have a Do-It-Yourself hummus mix from our dried herbs and dried garbanzo beans. Lots of plant starts: our famous feral strawberries, edible chrysanthemums, oregano, marjoram, thyme, and some low maintenance, low water, flowers (daisies, marigolds, lavender, nasturtiums). We have 7 CSA mini-shares available—we are only taking 12 this year.

#### Sticky Fingers Farm (Amanda Hixson House and Keith House):

Two different flavors of homemade ice cream in homemade waffle cones each week!

## Board of Directors Report: A Look into the Board of Directors Retreat

by Jamie Bentley, Co-op board of directors, boardmembers@moscowfood.coop

As a newcomer to the Co-op community, I was surprised to find myself elected to the Moscow Food Co-op board of directors this past April and found myself a little anxious about the weekend retreat scheduled for May 15 and 16. The prospect of serving the place that has become part of my life since moving to Moscow has been exciting and nerve-racking at the same time. However, the nerve-racking feeling quickly slipped away as the weekend began on Saturday morning.

The five Board members, general manager, the board's administrative assistant, and our trusty facilitator arrived at the Palouse Divide Lodge just after 9 a.m. The weather was as amazing as the view was from our weekend home—you could see the mountains to the north and the valley below. I found the group to be extremely welcoming, respectful, and excited to work and enjoy

a beautiful place. We settled in nicely and dove into our work, immediately focusing on two goals: using the strategic plan to create our long-term direction and develop board culture.

Our facilitator, Holly O'Neil, comes to the Co-op with years of experience working with food cooperatives and board of directors. She is able to guide groups into becoming more efficient and effective—and as expected, she did not fail. In a room full of leaders she was able to harness our energy and passion and keep us on track to eventually complete our goals. Furthermore, she facilitated a discussion about group dynamics and culture. As a group we discussed how we wanted to be treated and how we should treat each other. In the end we learned that we are all passionate about the Co-op community and that listening to each other is the key to effective dialogue.

Over the course of the weekend I found two things: the first was my voice as a board member, and second was who I was working with. The board of directors is a group of committed, passionate people who only want to serve the Co-op. I was amazed to see not one person came to the retreat with an agenda. When it comes to making decisions all board members, including the general manager, are there to seek the best viable

option for the Co-op as a whole.

I arrived at Palouse Divide Lodge as an outsider but left as a Co-op board member and can say I am proud to be working with such a diverse and passionate group of people. As the empty board seats are appointed and we move forward, I feel I can speak for the whole board when I say we look forward to working on the important and relevant issues that help the Co-op be the amazing place it is.



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## Rumor Control: Volunteers

by Cina Zimmerman, Co-op newsletter volunteer

**Rumor:** *The Moscow Food Co-op wants to eliminate the volunteer program.*

**Fact:** *The Moscow Food Co-op is growing the volunteer program!*

Ever played the game known as “telephone”? Even with few participants the original phrase is seldom recognizable. Playing the same game with the entire community and a topic everyone is interested in can get dangerous!

There have been rumors concerning the direction of the Moscow Food Co-op Volunteer program around the Co-op community. Following the member board of directors’ decision to freeze the volunteer program almost three years ago, communication regarding the volunteer program’s fate traveled via word-of-mouth. Even with the reemergence of the volunteer program (now known as the Participating Members Program) there can be numerous perspectives from numerous unknown sources describing it.

This column is beginning with the intention of separating fact from fiction within the rumor-mill to prevent damage to the

spirit of the Moscow Food Co-op community. Now that we’re introduced, let’s tackle the first topic!

**Rumor:** The Moscow Food Co-op wants to eliminate the volunteer program.

**Fact:** The Moscow Food Co-op is growing the volunteer program!

I began my investigation looking for the source of the rumor. Interviews with members of the Moscow Food Co-op such as Participating Member Coordinator Sequoia K. Ladd, Outreach and Ownership Coordinator Carol Spurling, Manager Steve Kobs, and Kimberly Vincent of the board of directors allowed me to find a starting point. Those who were interviewed shed light on the freeze of the volunteer program some two years ago. In response to an Idaho Department of Labor inquiry into the compensation and workplace insurance the volunteers received, the board



Illustration by Lucas Rate

of directors decided to freeze the program to examine legal issues.

Freezing means no new volunteers were accepted, but current volunteers were allowed to continue their service. A few volunteer positions determined to be questionably legal were converted to paid-employee positions. There were two questions the board of directors and the Department of Labor wanted to address. Firstly, are volunteers being fairly reimbursed for the work produced that benefits the Moscow Food Coop, which is a profitable business? And most importantly, if a volunteer completes equivalent tasks an employee would be responsible for, are both the volunteer and employee being treated equally?

After much research and legal assistance the volunteer program morphed into the Participating Members Program. The new program is in accordance with legal standards. To satisfy the legal requirements volunteers are restricted from fulfilling operational duties that the Moscow Food Co-op can profit from. The proper role of volunteers is now outlined to operate in supportive roles such as writing for the newsletter or providing food demonstrations through the outreach programs. The revitalized volunteer program emphasizes fair treatment to both Participating Members as well as employees, and also efficiently promotes the Seventh Cooperative Principle, Concern for Community: “While focusing on member needs, coopera-

tives work for the sustainable development of communities through policies and programs accepted by the members.” (The International Cooperative Alliance).

In a nutshell, a vague and easily abused system was replaced by a defined and easily monitored Participating Members Program. Before the transition to the new program, Ladd said the actual number of active volunteers was unknown and undocumented. Currently there are approximately one hundred Participating Members with regular and semi-regular positions and a small number of volunteers filling temporary positions as-needed. According to Spurling, the new program features “tightened-up” requirements for volunteer discounts. Hours worked are documented and the amount of the awarded discount is based on the number of hours worked on specific jobs.

After the freeze in the volunteer program, the Co-op’s use of volunteers has increased in the new program. The Moscow Food Coop is still only possible with the support of a wonderful community including volunteers of the Participating Members program.

Francina Zimmerman is a nursing student at Lewis-Clark State College and has two children, Koyote and Satori, with husband Leo, a restaurant manager and electronic musician. Interests include: music, camping, hula hooping and food (all at once). The Zimmermans have been enjoying life in Moscow for seven years.

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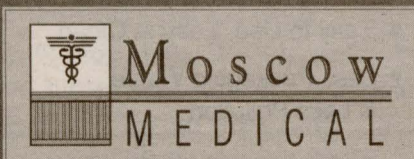
Wellness Counseling

Sleep Medicine

FAA & DOT Physicals

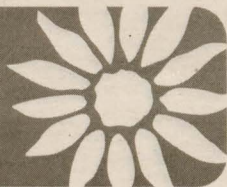


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## Gluten-Free: Finding the Food that Loves You Back

by Colette DePhelps, Good Food Book Club co-ordinator

Ever think that you just don't feel quite...right? A little (or maybe a lot) sluggish, tired, blue, out-of-sorts? Many of us do, and many of us are learning that is because we are, at some level, gluten-intolerant. This was the case for author Shauna James Ahern. *Gluten-Free Girl: How I Found the Food that Loves Me Back...& How You Can Too*, Ahern's memoir of learning to eat in a way that feeds her body, mind, and soul is the Co-op's Good Food Book Club pick for June. Discussion of the book will take place Monday, June 28 from 7 - 8:30 p.m. at a Book Club member's private residence in Moscow. Email [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop) for address and directions.

A Gen-X girl, Ahern was raised on brand-name, processed foods. She remembers always feeling vaguely unwell, slightly run-down, and easily tired. At best, she felt okay, but never knew what it was like to feel good. After years of increasingly severe illnesses, Ahern learned she had celiac disease—and that meant she could never eat gluten ever again. Not only did this mean avoiding wheat bread, beer and pizza...it meant learning a new language of food and food ingredients because gluten hides in many processed foods, even some ice creams!

*Gluten-Free Girl* is more than a memoir about learning to avoid gluten, and it is about more than healing. *Gluten-Free Girl* is an inspiration for those of us who are learning to listen to our bodies and to hear what foods our bodies are saying "yes" to and what foods they are saying "no" to. It is about living more fully by experiencing the flavor of fresh food, new tastes, and new textures. It's about the exquisiteness of community and friendship built, at some level, around the experience of making and eating great food.

Living gluten-free can seem like an overwhelming, untenable task. And a great sacrifice. Luckily for us, the Moscow Food Co-op carries many gluten-free items in the bakery and all the ingredients we need to make our own

great gluten-free meals at home (and don't forget about the new deli salad bar!). The Co-op also carries a wide variety of gluten-free cookbooks.

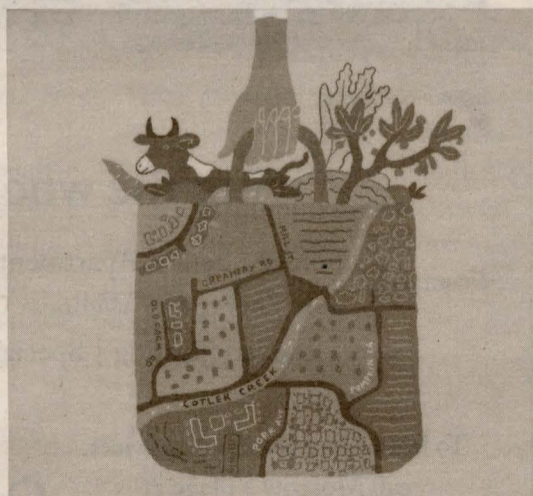
*Gluten-Free Girl* and other Good Food Book Club titles are available through your local library and at Book People of Moscow where Book Club members receive a 20% discount.

Mark your calendar for the next book club meeting: Monday, June 28 from 7-8:30 pm and email [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop) for the meeting location and directions. If you need a little extra incentive...we will be serving gluten-free goodies—maybe even one of Ahern's delicious recipes from the book!

Also, check out the Summer Book Club Calendar for other Monday evening club meetings. If you have other titles you would like to see the Good Food Book Club read or you would like to receive email reminders about book club meetings, email Colette at [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop).

P.S. If you are just starting to explore the world of local food, I recommend you read *The Locavore Way* by Amy Cotler. Available at the Moscow Library and at Book People, this little book is an excellent guide to finding and enjoying local, seasonal food.

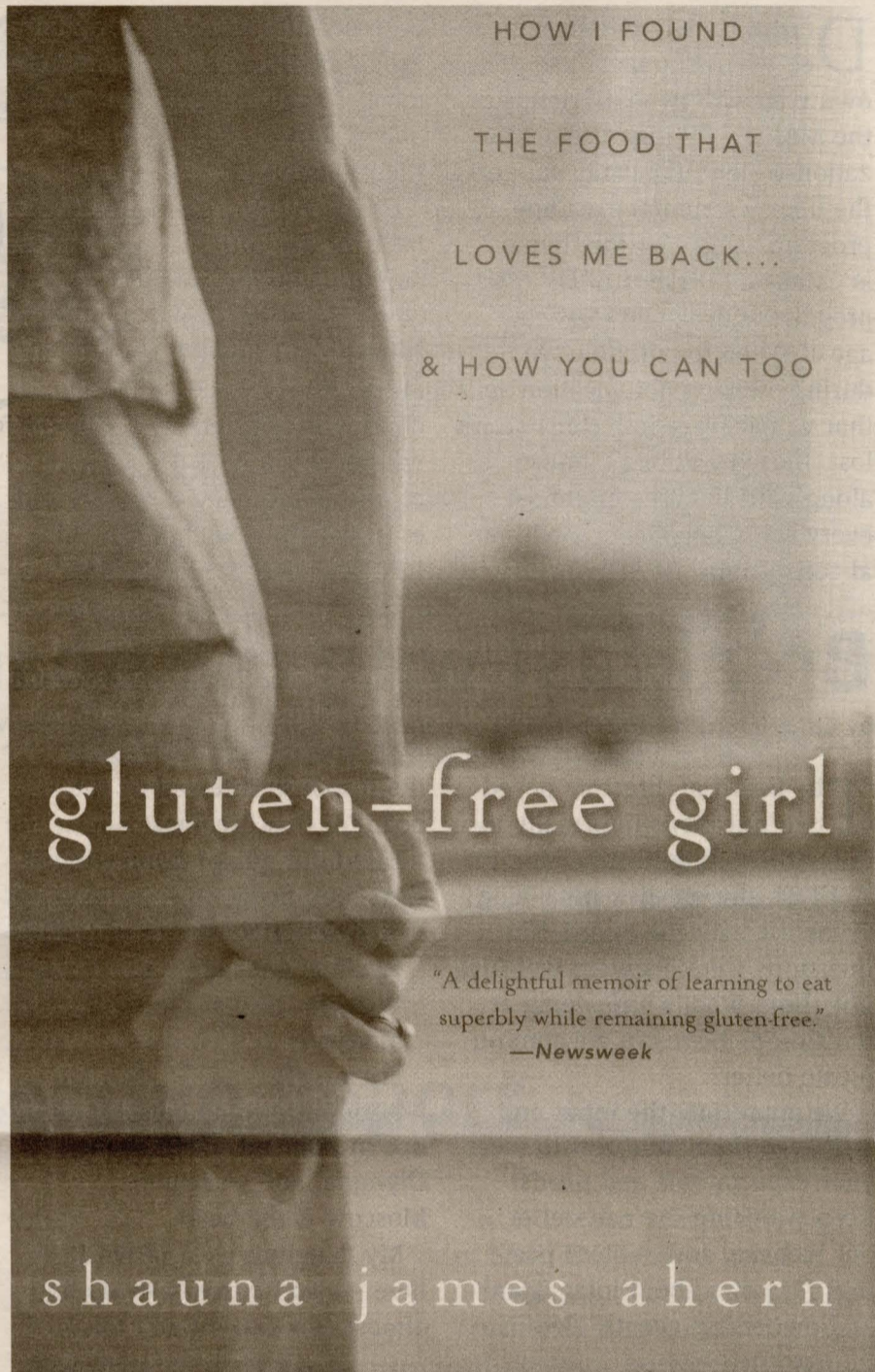
At the time of writing this article, Colette is getting ready for a weekend at Priest Lake...hoping to see moose, heron, and osprey and thinking this year, the kids are definitely old enough to gut their own fish!



### The Locavore Way

Discover and Enjoy the Pleasures of Locally Grown Food

AMY COTLER



HOW I FOUND

THE FOOD THAT

LOVES ME BACK...

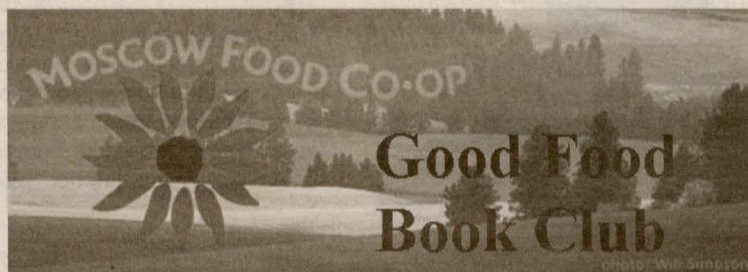
& HOW YOU CAN TOO

## gluten-free girl

"A delightful memoir of learning to eat superbly while remaining gluten-free."

—Newsweek

shauna james ahern



Come join us for a summer of reading & fun discussions about good food and local, seasonal eating.

June 28, *Gluten-Free Girl: How I Found the Food that Loves Me Back...& How You Can Too* by Shauna James Ahern

July 26, *Food Rules: An Eater's Manual* by Michael Pollan

August 30, *Radical Homemakers: Reclaiming Domesticity from a Consumer Culture* by Shannon Hayes

Another suggested reading:

*The Locavore Way:*

*Discover and Enjoy the Pleasures of Locally Grown Food* by Amy Cotler

When: 7-8:30 pm Monday evenings.

Where: Book Club Members' Residences.

Cost: Free.

Look for the books at your local library or purchase them from Book People of Moscow and receive a 20% book club discount!

More info and meeting locations? Email [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop)





# CO-OPERATIONS

## A Dime in Time: "Make a Splash, READ!"

by Lynne McCreight, Moscow Friends of the Library secretary

During June, the dimes donated when shoppers use their own bags will benefit Friends of the Moscow Library, the organization which financially supports the library's summer reading program. This year the theme is "Make a Splash, READ!" The program is designed to encourage children to continue reading during the summer vacation so that valuable reading skills aren't lost. Moscow Public Library, along with libraries in almost every state, belongs to a national consortium, Collaborative

Summer Library Program, which develops the theme and materials for the program.

Children may register for the 2010 summer reading "club" between June 10 and July 22 at the library. Each child who registers will receive a packet of information and a special folder in which to log books read. Last year over 1,300 children



registered and more than half completed the program, receiving a free paperback book provided by the Friends of the Library.

"Make a Splash, READ!" is for preschoolers as well as children of school age (up to 18 years old), and the program is also available at area daycare centers. Weekly daytime activities for different age groups

will be held at the library. Family programs, co-sponsored by the Moscow Arts Commission and the Friends of the Library, will be offered Thursday evenings at 6 p.m. in East City Park from June 10 - July 8.

In addition to financial support, it takes many volunteers to deliver the summer reading program. Anyone who can help is encouraged to sign up at the library. Thanks to the Co-op and shoppers for helping to encourage kids to read!

## Breakfast with the Board

by Carol Spurling, outreach and ownership coordinator, outreach@moscowfood.coop

The board of directors posed two questions informally to the participating membership on April 24, during their hour-long Breakfast with the Board. The questions were: How do you find out about what's happening at our Co-op? How can we communicate better?

We appreciate the input and will keep doing our best to meet your expectations and needs! Keep watching the newsletter, our website, and in-store postings for news about joint Board and ownership events. Here is

the response received by the board at that breakfast.

I find out what's happening at the Co-op from:

- Newsletter: 7
- In-store: 4
- Website: 1
- Marquee: 2
- Friends: 2
- Additional comments: Of co-

ops in Ashland, Bellingham, Olympia, and elsewhere... Moscow is the best!

My daughter used to work here - also I come in to shop almost every day. Can't think of

a reason why you would have to [communicate better].

N. and I are regular visitors and stop in the Co-op to learn of other goings on in the community, helping to maintain an awareness of the community's common wealth, our we-ness... should be a goal of co-op.

I live here. I check the website.

I volunteer and spend 99% of my food/book \$ here.

Poor advertising re: MAD! Newsletter is a little long to digest in full. I just skim it.

I love this place!

Blog!

Email posts would be best for me.



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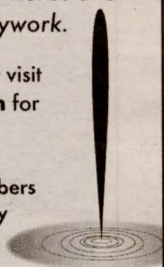
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## Co-op Good Food Film Series June Sneak Preview

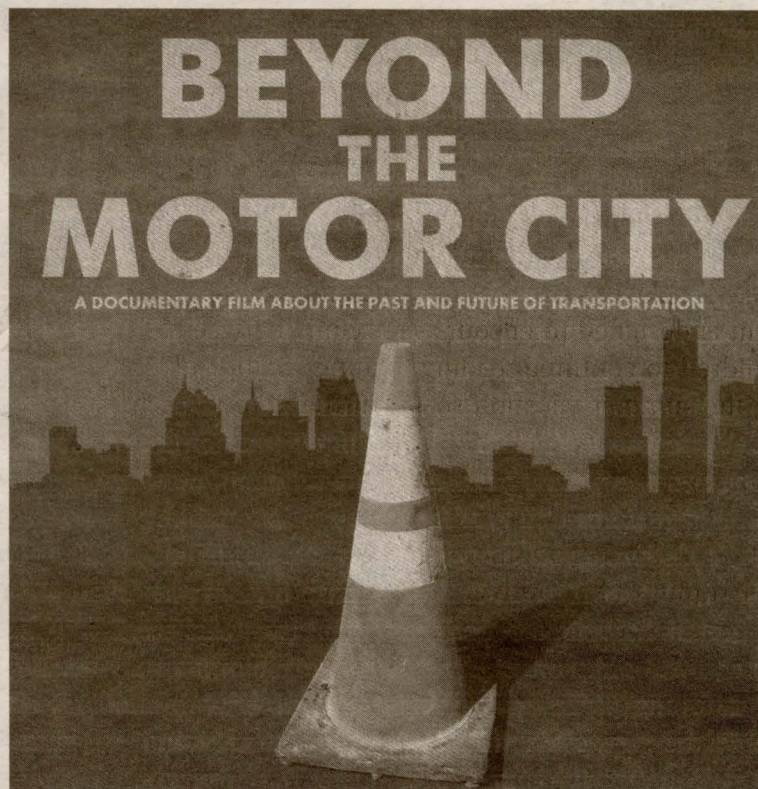
by Aimee Shipman, Good Food Film Series Volunteer

The June screening of the Co-op Good Food Film Series, *Beyond the Motor City*, will be at 7 p.m. on Thursday, June 17 at the Kenworthy Performing Arts Center in downtown Moscow. Instead of the usual charge of \$4 for Co-op members and \$6 for non-members, admission to the movie will be FREE!

*Beyond the Motor City* examines how Detroit, a symbol of America's diminishing status in the world, may come to represent the future of transportation and progress in America. The film's director, Aaron Woolf, focuses on Detroit as the crucible in which the nation's ability to move toward a modern 21st century transportation infrastructure is put to the test. The documentary shows how investments in the past, beginning with the construction of canals in the 18th century, profoundly shaped Detroit's physical

layout, population growth and economic development. Before being dubbed the Motor City, Detroit was once home to the nation's most extensive streetcar system. In fact, it was that vast network of streetcars that carried workers to the area's many car factories and ultimately it was the cars made in those factories that would soon displace the streetcars in Detroit and in every major American city.

The film offers a history of national transportation planning in the United States, ending with the Interstate System, and presents the counterexample of the Spanish AVE system, which in less than 20 years has linked the country from north to south and fostered economic development in the cities it serves. In the words of Aaron Woolf, "This film—even though it is ostensibly about Detroit—it is so thoroughly about the whole country.... If you had to shrink



the whole movie down into one sentence or one thing, it would be: Infrastructure choices have consequences. The way you promote people getting around has a profound impact on how

you shape communities."

The Co-op is currently coordinating a panel discussion focusing on local transportation issues to follow the film.

## June Outreach and Ownership Report

By Carol Spurling, outreach and ownership coordinator, outreach@moscowfood.coop

As we begin the lazy hazy crazy days of summer our outreach activities shift into planning mode for the late summer and fall. We're thinking about Essential classes, the fall ownership meeting (does Octoberfest sound intriguing?), our Eat Local Challenge, another Chicken Coop Cruise, Tasteful Thursdays, Good Food films and books, CheeseFest, and more!

As the school year wrapped up last month we gave a field trip to youngsters from a University of Idaho preschool, a presentation to a women's group in Troy on frugal living, put on another successful BikeFest, got the Tuesday Growers Market underway, donated lots of goodies to local and non-profit organizations' fundraisers and events, and organized the Co-op Pool Party for every Thursday night in July.

New owners are joining the Co-op every day, and we're proud to say that we now have over 6,000 active members, and this doesn't include the numbers of people who are sharing their membership with someone in their household. We're looking forward to sharing information in the upcoming months about our newest ownership benefit:

patronage refunds.

Our Engagement and Outreach committee has a new co-chair: new board member Jamie Bentley has joined me to replace former board member Gary Macfarlane. With her professional expertise in public nutrition she'll be a great addition to the team. Our committee will continue its discussions and plans to better serve our lower income members. You can watch for articles in the newsletter and on the website about our committee's activities to know what's in the works.

**Dear Moscow Food Co-op:**

Thanks for hosting us for the "Plastic Footprint" dinner! It was a wonderful dinner and conversation. Ruthie and I also appreciate the 1 year honorary membership at the food co-op.

With all good wishes,  
M. Duane Nellis  
President  
University of Idaho

**Dear Moscow Food Co-op:**

Thanks you so much for the salad donated to the City of Moscow's Employee Recognition BBQ. It was a hit! Tons of people were asking about it! Thank

you!

Jen Pfiffner  
City of Moscow

**Dear Moscow Food Co-op:**

On behalf of Inland Oasis HIV Programs, I want to extend an incredibly grateful thank you for your generous contribution. During the 2nd annual Martini Tasting and Arts Auction, which you so thoughtfully donated to, funds were raised to support HIV programs for another year.

All proceeds go to maintain HIV programs in various capacities. Whether it be the cost of space, supplies (including HIV test kits) or various office necessities you have helped us continue to offer FREE HIV testing every Sunday from 1 pm to 6 pm in the 1912 Center, Friendship Hall.

Thank you!  
Chris Bidiman  
Program Director  
Inland Oasis HIV Programs

**Dear Moscow Food Co-op:**

Thank you for your generous support of the Palouse-Clearwater Environmental Institute (PCEI) by hosting a display in your business celebrating our Earth Day 2010 Fund Drive.

At PCEI, the 40th anniversary of Earth Day was the focus of two months of celebration. It is because of your support that we can continue to work with our AmeriCorps members and other volunteers in the community and across the state to provide resources they need to clean up our waterways, care for our community gardens, restore our watersheds and wildlife habitats, and educate our children. Because of contributions like yours, we have been able to connect people, place, and community since 1986.

Thank you!  
Thomas Lamar  
Executive Director, PCEI

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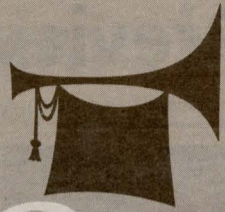
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# CO-OPERATIONS



## Co-op Shoppers Speak Out:

Asked by Ashley Fiedler on May 18, 2010

**Q** What is your favorite Co-op deli item?



"Oooh, soup. The tomato tortellini one is the best."

—Clara Schemmer, Moscow, Student



"The vegetable pesto salad is very good."

—Ryan Vasak, Bellingham, visiting a workshop at UI



"The pesto walnut pizza is my 1st, 2nd, and 3rd choice."

—Margaret Ely, Moscow, Retiree



"The fruit salad and my husband enjoyed the pesto roll."

—Melanie Rogers, Shelley, ID, preacher's wife



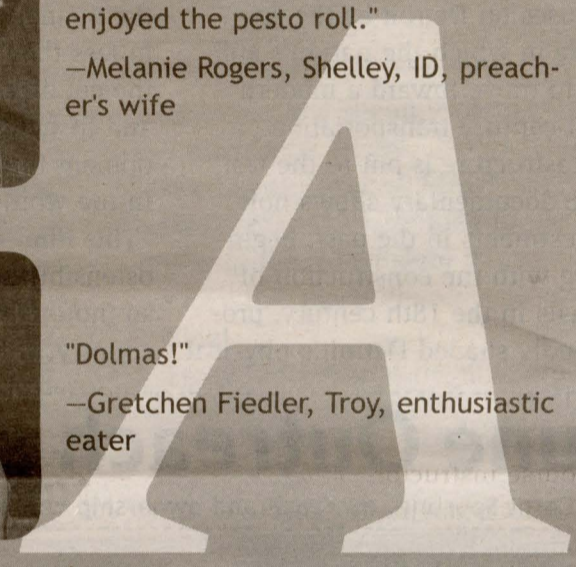
"Definitely the kale slaw."

—Adam Wells, Moscow, University of Idaho College of Natural Resources Ph.D. Student



"Dolmas!"

—Gretchen Fiedler, Troy, enthusiastic eater



## SUGGESTION BOX

**We miss the tea selection – especially Equal Exchange!**  
—Sarah

In order to expand the crowded baking section we had to eliminate the slower selling teas. Equal Exchange is a personal favorite of mine too, but not a lot of folks were purchasing it. We can order a case of six boxes – most tea comes in case of six.

—Joan, grocery manager

**We received a couple of written comments about Tuesday night music, as well as several in-person comments. The majority of the comments related to volume and a few were about artistic merit.**

**Most of the written comments were harsh, including, "...he is Co-op poison and should be treated as such."**

The whole idea of having a venue for local music if to offer variety and an opportunity to perform. Not all performers will appeal to all people. I think most of us can tolerate a live performance or two while we shop even if the music if not among our favorites. Music volume has been a problem recently. For the past couple of months, musicians have been responsible for their own sound systems and they are not consistent. Enthusiastic performances can be so loud that

ordinary communication at the cash registers has been difficult. Most of our performers do not have equipment to help them monitor their own volume. I think we can do a better job of monitoring volume and helping performers understand the impact they have on others. Performances can be creative and compatible with shopping.

—Steve Kobs, store manager

**Are the minutes of the Board meetings available anywhere? I could not find them in the store or on the Web.** —Fritz

They are hard to find. The board information is near the telephone over by the rest-

rooms. The minutes are in a blue notebook there. The board recently acted to place their minutes on the Web site which should improve their convenience. Thank you for supplying your name and e-mail address so that I could contact you personally.

—Steve

**Clean your outside garbage containers!! —unsigned**

The best and fastest way to address something that needs to be repaired or fixed is to let an employee know when you are in the store.

—Steve

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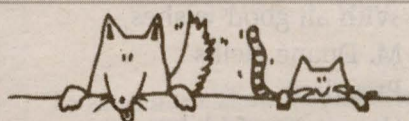
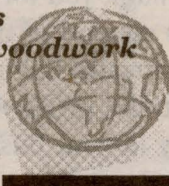
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## Volunteer Profile: Laurene Sorensen

by Todd J. Broadman, Co-op newsletter volunteer

Laurene Sorensen has community service in her blood. Her father served for decades in the Rhode Island and national legislatures, and her mother was a full-time volunteer who managed fundraising events for numerous charitable and arts organizations. Laurene was born in Woonsocket, Rhode Island; her family now lives in Newport (RI), and she considers that to be her hometown. She has been volunteering since grade school (and assures us that it was voluntary)!

On the East Coast she served on the board of the Junior League of Boston, a women's service organization whose projects help children and families. She's run two marathons for the Leukemia Society, is a board member of the Green Mountain Club (a Vermont environmental group), is a long-term member of her college's alumni council, and volunteers with two ballet companies. When we spoke she'd just returned from spending three days as a volunteer ropes course instructor.

Before moving to Moscow Laurene lived and worked in all three major cities on Amtrak's Northeast Corridor (Washington, D.C., New York City, and Boston), as well as London, Edinburgh, and a few obscurer locations.

She told of her former life as a transactional attorney with several big East Coast law firms and corporations (and I naturally thought back to my own term of corporate servitude). "I've been a consultant for about 15 years, traveling and working from 'virtual offices' here and abroad. Technology is definitely my friend—my quality of life wouldn't have been possible 20 years ago." Now that she is feeling rooted in Moscow, she wants to start practicing law again and has obtained her Idaho and Washington bar licenses.



**“Laurene would like newsletter readers to document their favorite recipes for the Co-op's Community Cookbook.”**

I spoke with Laurene about what drew her from one side of the U. S. to the other. "John Crock invited me to visit Moscow in May of 2002," she recalled, "when the hills were their most surreal green and the wildflowers were out on Kamiak Butte." Seven months later she moved west.

As she described for me the "very exciting cross-country drive in the snow," I thought about my own cross-country journey to Moscow – but that will have to wait. "I love this community," Laurene emphasized. "People here take care of one another. It's an almost tangible thing, like one of those trust circles you do in drama

class, where even if you lean way back you feel completely supported." Living in Moscow has heightened her awareness of the seasons, and the natural changes and human rituals that accompany each one.

Laurene's involvement with cooperatives began at Oberlin College, which had extensive student-run housing and dining programs. Once settled into Moscow, she volunteered at the Co-op's deli. "This year I jumped at the opportunity to use some of my professional skills on the cookbook project, and also worked on the election table."

She shared what she calls an

"epiphany" about the Co-op. "One day that first summer, I had car trouble and about twenty pounds of bar review books, and needed a lift to the outskirts of town. It dawned on me that if I went into the Co-op I could probably find someone who could help, and so I walked in and did so almost instantly—thanks again, Sara! That little thing said so much about the Co-op and the entire community."

As a preschooler she was already a foodie. "The first time I saw garlic, I put a whole raw clove in my mouth." A few years later, she started cooking. Chocolate mousse (from Julia Child's recipe) was an early triumph.

When she was younger, Laurene had a rich interior life—she stayed indoors and read. Now, when she is not working or volunteering, she dances, skis, paddles, climbs, backpacks, practices yoga, and runs marathons. "My new passion is AcroYoga, which synthesizes dance, yoga, and gymnastics." Travel is another constant. "I want to go to Antarctica; it's the only continent I haven't visited." Of course, food remains a source of pleasure.

Laurene would like newsletter readers to document their favorite recipes for the Co-op's Community Cookbook (please see nearby box for instructions on how to send these.) She also urges readers to support the Buy Local movement in Moscow or wherever they live.

Todd, wife Corinna, and son Micah enjoy it here: the gently rolling hills and the local community's creativity. Todd is currently writing a novel.

The best way to submit your recipes is to email them as Word files (one per recipe) to [cookbook@moscowfood.coop](mailto:cookbook@moscowfood.coop), although we're also putting a drop box in the Co-op near the registers if you prefer to submit hard copies. If you give us a usable recipe, we'll reward you for your efforts with a one-time discount coupon. Recipes must be original, meaning that they haven't been published before by someone other than you or a family member. Look for further details in the July newsletter.

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## Local Producer: Landgrove Coffee

by Johna Boulafentis, Co-op newsletter volunteer

If I were to create an imaginary word find about Landgrove Coffee and its owners, Hannah and Jon Binninger, the words listed would include drive-thru, mountains, master packer, and Vermont. Although there isn't a neat little box for you to cross out words diagonally, vertically, or horizontally, in this article you will find their meaning and relation to the company.

I interviewed Hannah in East City Park while we watched her son, Clem, eat a Co-op scone and play. The Binningers have supplied the Co-op with their roasted coffee for about the last six years. There are nine varieties of coffee available in Bulk Foods and three types in one-pound bags if folks are looking for pre-packaged coffee. The organic dark roasts and the organic Ethiopian are the most popular.

Although the roastery is named after Landgrove, Vermont, the town where Hannah grew up, it's definitely an Idaho business. Jon and Hannah met in the mid-1990s in Boise while Hannah was working for The Peregrine Fund and Jon at a drive-thru coffee stand that he co-owned with



**“Although the roastery is named after Landgrove, Vermont, the town where Hannah grew up, it’s definitely an Idaho business. Jon and Hannah met in the mid-1990s in Boise.”**

a friend. A few years after their meeting, Jon decided to move onto wholesale coffee. They started the business in Sandpoint in 1998 and purchased their first roaster from Diedrich, a roaster machine manufacturer based in

Sandpoint. They also lived in McCall and Salmon before landing in the Palouse seven years ago. Hannah explained that living in Troy is a “good, happy medium for family and for business.” Each of Jon’s parents live within a reasonable drive and it’s a great location to run the company. They also appreciate the two universities nearby and the access to mountains and rivers.

Landgrove Coffee is hand-picked and comes from all over the world. Here’s a snapshot of a typical week in the roastery: Monday, a long day of roasting; Tuesday, deliveries/shipments; Wednesday to Friday, more roasting and sample roasting. Jon and their part-time employee complete most of the roasting. They own three roasters: one that produces 25 pounds of roasted coffee at a time, another which produces 60 pounds, and a sample roaster. Hannah is responsible for keeping the books and has also named herself the “Master Packer.” She labels and bags coffee, and packs and ships

boxes. She reuses about twenty boxes a week and is grateful for the local businesses that donate them—she likes cutting down on waste. She appreciates that her duties enable her to have irregular hours, which allows for more time with her children—Flora, age four, and Clem, age two.

The coffee is sold to stores in Northern California (Jon’s brothers own coffee businesses there) and the Midwest. Hannah truly enjoys the connections she’s made locally though. She shared that Clem makes deliveries with her and at the Co-op he’s made friends with employees in Produce and in Checkout. Local places besides the Co-op that have Landgrove for purchase are One World Café, the Filling Station in Troy, and La Boheme in Lewiston. If you can, try to attend one of Jon’s coffee cuppings (like a wine tasting) and learn the art of capturing the aroma and flavor of a coffee.

When the Binninger’s aren’t doing Landgrove business, you’ll most likely find them outdoors with family or doing seasonal work. Jon guides trips and does horse packing for folks including the Forest Service along with completing trail/usage surveys for the Idaho Conservation League. Hannah does river raft guiding on the Lower Salmon River. She plans to do two trips this summer. While perusing their coffee selection in the Co-op, their love for the region definitely rang true when I read that for every pound of “Clearwater Wild” sold, they will donate money to Friends of the Clearwater. I like that.

So fair reader, if you have completed the article then you have completed the imaginary word find. I hope you’ve enjoyed the read and the game.

Johna laughed and smiled when Clem scrunched his nose while trying a sip of his mom’s citrus kombucha. She hopes they can be friends.



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## Thomas Leonard: Young Man Walking

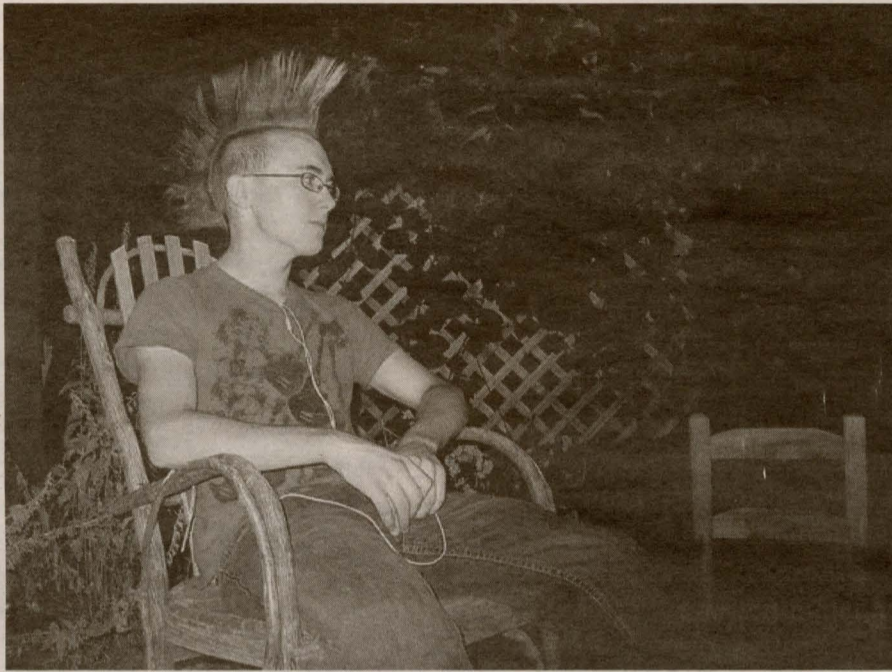
by John Dunn, Co-op newsletter volunteer

Thomas Leonard is a young guy with some pretty cool stuff going on. His life views are driven by a refreshingly straightforward personal philosophy. Thomas is a Moscow native who believes in getting around town in ways that do not rely upon the passenger car, and he lives up to that conviction. Thomas primarily chooses to walk but is also a committed Valley Transit user. Many of us in the community have likely seen him walking from his home on the east side of Moscow towards downtown and points beyond.

Thomas is just eighteen years of age but has a worldview akin to more experienced and well-traveled individuals. He is a self-educated computer technician who works part-time at Computer Crazy in Moscow. Thomas attended Moscow High School for a while, but ultimately chose the alternate path of achieving his GED. He believes that avoiding use of our culture's dominant form of personal transportation, the privately owned automobile, is a simple yet significant step towards helping the planet. That is why he walks most places and uses public transportation when necessary.

Thomas freely expresses how he loves walking downtown from his home and uses his forays as opportunities to meet and interact with people. This gives him an opportunity to learn from new and interesting individuals. These connections provide him with insight into how others from disparate backgrounds view the world and how they interact with society. He also enjoys meeting the variety of Valley Transit users when he chooses that mode of transport. He sometimes spends hours just riding the bus to give himself an opportunity to meet and talk with new people and to get differing views of current world, national, and local events.

His curious nature leads Thomas to speculate on why there seems to be a national political emphasis on developing large-scale facilities to manufacture alternative fuels such as ethanol from food crops while not making maximum use of readily available industrial hemp. He states that hemp has many common uses including fiber, cloth-



***“Thomas believes that avoiding use of our culture’s dominant form of personal transportation, the privately owned automobile, is a simple yet significant step towards helping the planet. That is why he walks most places and uses public transportation when necessary.”***

ing, and medical. He believes waste from hemp processing could potentially be used to pro-

duce ethanol fuel without taking additional acreage out of production for growing food crops, and

he says that making increased use of industrial hemp waste should be included in the national discussion. Clearly, Thomas is a young Moscowan who has his priorities in order.

Now that bike month is over, let us not forget that biking is not only an optimum choice of alternative transportation, but it is downright fun and offers all of the physical fitness advantages that any gym or health club can offer. Also, we hope you enjoyed the festivities last month and remember that there are more entertaining activities coming up during the summer months. Bike for Life, sponsored by the Co-op, Gritman Medical Center, One World Café, and Wheatberries Bake Shop is sponsoring a series of slide shows hosted by a variety of local bike travelers. Please check out their website at:

<http://www.bikeforlifemoscow.com/>.

Other links of interest include:

<http://www.bikeleague.org/programs/bikemonth/>

<http://www.bikemoscow.org/announcements.asp>

John says, “Summer is near and it is time to get out and do stuff.”

### June Specials

### Meat Department

#### Boneless and skinless chicken breasts

Was \$7.49/lb. Sale \$3.99/lb.


Supplies may be limited.

#### Bone in chicken breasts

Was \$2.99/lb. Sale \$1.99/lb.

#### Petite Sirloin in family packs

Was \$5.39/lb. Sale \$4.39/lb.

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## Tuesday Grower's Market: Featuring Raven-Croft Farm

by Lovina Roselle, Co-op newsletter volunteer

**W**hen I was growing up, I always thought that I was a deprived child. My mom was one of those people who practiced frugality to the degree of weirdness. She used to make homemade bread using some of her infamous "soup stock," which was contrived of various garden vegetable juices. The stock took on a different color each time, based on what went into the pot. Accordingly, the bread always took on a different color.

One vivid memory from my childhood was going on a grade school field trip. Come lunch-time, when I pulled my massive, and slightly pink, whole wheat bread sandwich, along with my home-grown apple slices, and goat-milk yogurt, I thought, "Oh my gosh, my mom is so weird." Why couldn't I have had the just a plain old bologna sandwich on white bread with a bag of potato chips, a candy bar, and a can of soda like all the other kids?

Visiting Debi and Dave Smith of RavenCroft Farm was like going back in time to visit the life I took for granted as a child. They are as absolutely committed to sustainability as my mother. Their entire farm is made up of materials that have had an opportunity to breathe a second life. Every aspect of the infrastructure, from the greenhouses to the raised beds, to the



***"Their entire farm is made up of materials that have had an opportunity to breathe a second life. Every aspect is made up of re-purposed materials."***

wildlife deterrents, is made up of re-purposed materials. Much like my mother, they firmly believe in giving life to things that many would consider trash.

Debi and Dave have lived on their farm since 1988. When I

asked them how they learned to be farmers, Debi replied with a lighted smile, "We are still learning and there are lots of opportunities for learning moments!"

Touring around the farm I got a preview of what is in store this season including garlic, Asian greens, shallots, basil, lettuces, cucumber, various herbs and salad greens, snow peas, carrots, and radishes. They also grow mache, a cold-weather European lettuce that was started from seeds given to them by a friend from Sweden. In addition, their farm was formerly a "U-Pick" strawberry farm, so they will also sell fruit from their abun-

dance of voluntary plants.

They have been selling their organic farm products for about the past five years. They love being a part of the "buy local" organic movement because it is something they "have been involved with all of our adult lives that has really blossomed in the last three years." They chose to raise their own family much the way that my mother chose to raise me, creating health-conscious adults who think about what goes into their bodies.

Debi and Dave love having the opportunity to sell at the Tuesday Market. "It is a couple of hours each week that we can just kick back and visit with people." Debi adds, "Moscow-Pullman is so unique because it is all about the relationship with the local community."

In addition to selling produce at the Tuesday Grower's Market, they are also founding members of the Potlatch Saturday Market. They greatly enjoy the venue in this small community. Debi, also a masterful artist who creates various crafts from repurposed, recycled, and down-cycled items, has the opportunity to sell her craft items there, including vintage fabric handbags, jewelry, toile paintings, scarves and dolls, and hand-made bird baths and planter boxes.

This is RavenCroft's second year selling C.S.A. (Community Supported Agriculture) shares, and they are currently taking orders. Stop by and sign up at the Tuesday Growers Market or contact them by phone at 882-3616 or by email at debismith@moscow.com.

Lovina Roselle will be writing about a grower and telling their story to newsletter readers each month.



**Howard Hughes  
VIDEO**

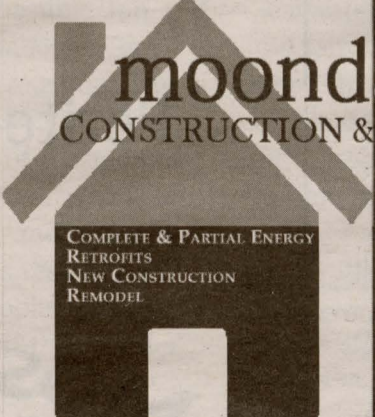
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## Veganesque: Salad Graze

by Caitlin Cole, Co-op newsletter volunteer

**Y**es! With the addition of a Salad Bar our Moscow Food Co-op is offering another tasty way to eat our vegetables!

You know why you should eat them; they are rich in vitamins and minerals, rich in fiber, and there is a huge variety from which to choose. You know why, but what about the how? I will tell you what I did: I developed a salad habit. My favorite online dictionary defines a habit as "an acquired behavior pattern regularly followed until it has become almost involuntary." According to one school of thought called the 21 Day Habit Theory, it takes three weeks for our brain circuits to take engrams, or memory traces, to produce the new neuro-connections necessary to form a new habit.

I started with a goal in mind. For me it is six vegetables and three fruits a day. This is what the Harvard School of Public Health recommends. The U.S. government recommends at least five, and I have talked with many veg-head types who aim for at least a total of eleven servings of fruits and veggies a day. Five seems way too low and eleven seems improbable, so I am sticking to the minimum of nine with the hope of adding more. Eating a big salad with lunch or dinner would provide about five servings. If you ate two big salads a day, that would take care of your whole day's requirements. Salads can be simple or extravagant, hot or cold. There are endless combinations. I am grateful for the large, lovely and often local selection our Co-op's produce department has! My salad habit would not be possible without it.

Okay, while grazing at our Co-op's new Salad Bar or when you are in the Co-op's produce department gathering your salad fixings, think of your salad in four parts: First, the base is usually a type of green. For the best nutritional value, the darker the greens are, the better. Excellent greens are red and green leaf lettuce, romaine lettuce, spinach, arugula (a little spicy, so this is good to mix in with other greens), frisée greens, butter lettuce and cabbage (red or purple). Herbs also make tasty salad greens.

Next, think additional veg-

etables; here are some ideas: bell peppers, sweet onion, broccoli and cauliflower florets, carrots, beans, peas and tomatoes. Local offerings taste best!

Third come toppings, which add protein, nutrients, and flavor and make the salad beautiful. Use raisins, sunflower seeds, beans, pecans or any nut, cheese, olives, herbs and sprouts.

The salad's crowning glory is, of course, the dressing! I am always amazed at my children's preference for undressed salad, because the dressing is my favorite thing about salads! Dressing is a chance to add more nutrients. It is easy to make with ingredients on hand and there are also some really good bottled dressings. When I make my own dressing, I use hemp or flax seed oil to add essential fatty acids. The delicious nutty taste is a bonus!

Now you have your greens, additional vegetables, toppings and dressings. How do you arrange it? One option is to toss it all together. Whether or not you toss the salad in the dressing is up to you. In general, only add the dressing if you're planning to consume all the salad right away, for it won't keep long. A layered salad is truly appealing. Put the greens on the bottom. Spread the additional vegetables out over the greens and sprinkle the entire salad with the toppings.

I have a friend who recently served us a salad using a lovely presentation. She tossed the greens only with the dressing. Then on a beautiful platter, she arranged separate piles of all the toppings and additional vegetables. Not only did it look beautiful, but we all got to make a salad according to our own tastes.

I hope our new Salad Bar makes it easier for you to develop your own habit! Try the 21-day theory and let me know how it works for you.

Caitlin Cole is very grateful for the new salad bar because there are times when it is nice to have folks who will wash and cut the vegetables for you!



### The Big Salad

- 5 large kale leaves
- 8 large leaves romaine lettuce
- 5 leaves Napa cabbage
- 1 big stock broccoli, chopped
- 1 head cauliflower, chopped
- 4 carrots, chopped
- 1 sweet bell pepper, chopped

Keeps in fridge undressed for five days. Sprinkle with toppings and dressing of choice.

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## Omnivoria: Duck, Duck, Goose

by Jamaica Ritcher, Co-op newsletter volunteer

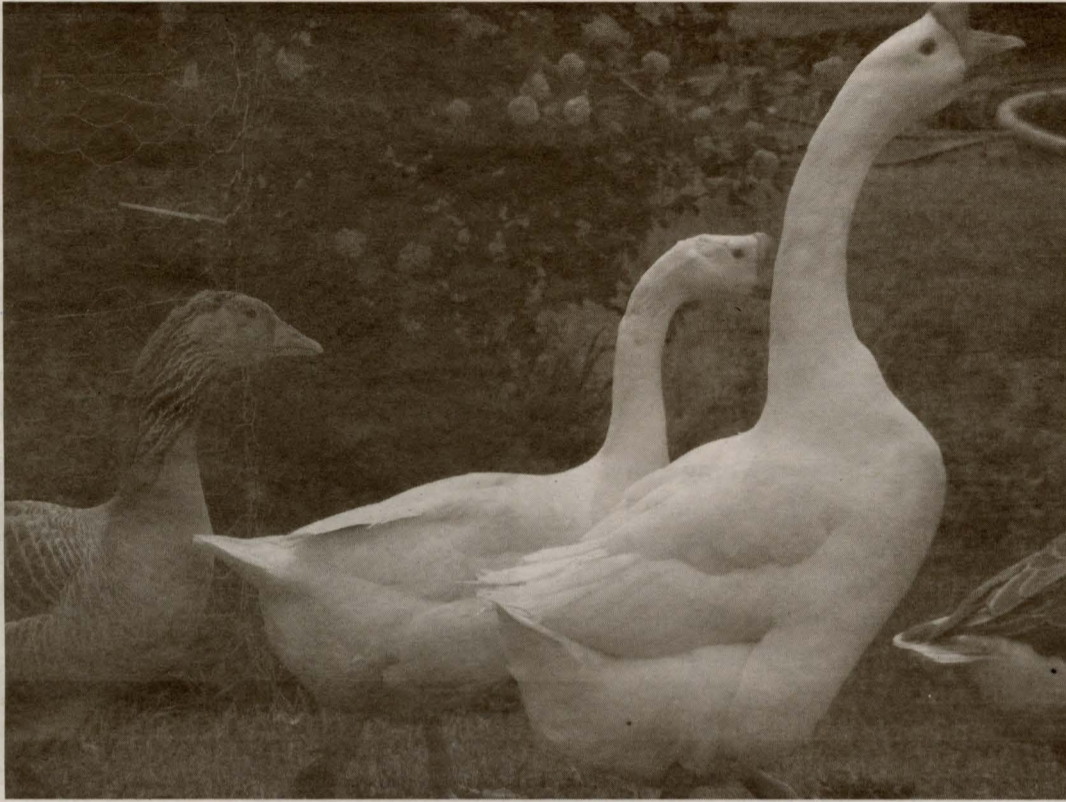
For a long time, I've enjoyed the Co-op's locally produced farm eggs. But this spring the duck and goose eggs grabbed my attention as well. When I noticed they came from a woman just over in Colfax, I had to give them a try.

If you haven't yet noticed the goose eggs in the refrigerated section, do take a look. They are special for many reasons, but most immediately obvious is their size. They are nearly three times the size of a typical chicken egg, and packed with at least that many times the calories, fat, and Omega-3s. While the duck eggs are of a more diminutive size

(closer to that of a chicken egg), they carry twice as many calories and grams of protein, and three times the fat, of a chicken egg.

Even without the nutritional information on hand, you can tell that the goose and duck eggs are rich just by looking at the yoke—especially the goose egg yolks. With the circumference of something close to that of a peach, the yoke is firm, holds its shape and has a deep, opaque yellow color. The goose egg shells are also especially hard (be prepared to give them a good whack against the edge of the mixing bowl or pan when you're ready to crack them.)

Ada Bidle and her son, Chase, are one of the Co-op's two duck egg suppliers and the store's only goose egg supplier. They live just outside Colfax on 27



Ducks and geese at Ada Bidle's Colfax property. She supplies duck eggs year round and goose eggs through mid to late June.

acres, four of which are devoted to raising ducks and geese for eggs. The two began raising birds in 2009. Ada was about to retire from her long-time career in accounting, and she and her son were looking for a way to utilize their land. Though they considered a number of different livestock, ducks and geese held a certain attraction: they are easy to keep, and because they live pretty happily on grass, they help out with the mowing and keep the bug population down. The Bidles began supplying their eggs to the Co-op last March. The birds are free-range, their diet only sometimes supplemented with grains and legumes, such as lentils.

For the last few weeks, I've cooked with the goose and duck eggs frequently, trying them in recipes for baked goods as well

as more straightforward egg dishes like scrambles and frittatas. They substitute perfectly well for chicken eggs, duck eggs in a one-to-one ratio and goose eggs being equivalent to about three chicken eggs. The texture of a goose or duck egg omelet is denser than typical chicken-egg fare, and the flavor is almost meaty. For a scramble made with one goose egg, I added a splash of milk, a teaspoon of Dijon mustard and about half-teaspoon or so of finely chopped fresh tarragon, to very tasty effect.

Where the rich qualities of a goose egg really take the cake, however, is in desserts. With all the salad we will be eating, what with summer and the establish-

ment of the Co-op's new salad bar, surely we can all justify trying this chocolate cake recipe. As with a traditional soufflé, its success is dependent on the whites whisking into stiff peaks that can be folded into the batter to make the cake puff. The whites of a goose egg are very clear and thick, and whip up incredibly fluffy and cloud-like. The result was a silky, chocolate dessert—a real indulgence.

While ducks tend to lay eggs year round, you'll need to catch as catch can with the geese: they are more seasonal in their laying, usually beginning in March and going through mid to late June. So take

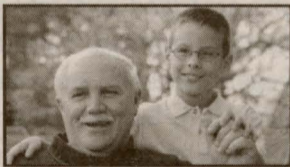
advantage of them while you can. And if you can't use them right away, according to Ada, they have an incredible shelf life, lasting—refrigerated—for up to six months! The Co-op carries Ada Bidle's goose eggs singly (for \$1.55 each), in two's (\$2.99), and in half-dozen packages for \$8.99. Ada's duck eggs are also sold in packages of six for \$3.69.

Jamaica Ritcher has been enjoying experimenting with goose and duck eggs while waiting for her own new chickens to start laying, which should happen later this summer.

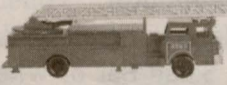
### Chocolate Soufflé Cake

- 6 ounces semi-sweet chocolate (chips are fine)
- 9 tablespoons unsalted butter
- 9 tablespoons sugar
- 3 tablespoons unbleached flour
- 2 goose eggs, separated
- pinch of salt
- powdered sugar for dusting

First, preheat oven to 350° F. Butter and flour a 9" springform pan. Set aside and then melt the chocolate over a double boiler, or very low heat. Once melted, add the butter, stirring well, followed by 6 tablespoons of the sugar and the flour. Add the egg yolks, one at a time, stirring in between. In a separate bowl, beat the egg whites until they begin to hold their shape, add the remainder of the sugar, and continue to beat the whites until they begin to form peaks. Gently fold the whites, about a cup at a time, into the chocolate mixture, then pour into the prepared springform pan. Bake for 35 minutes. Let cool, remove from pan and dust with powdered sugar.



Monday-Friday 9-6  
Saturday 9-4  
Sunday 12-4 (Pharmacy open)



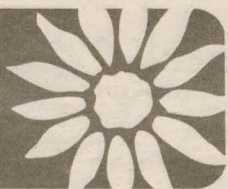
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# Allergy and Gluten Free: Road Trips

by Terri Schmidt, Co-op newsletter volunteer; illustration also by Terri

People with food allergies and/or gluten intolerance sometimes hesitate to travel. It's stepping outside of the safety zone into the unknown. But we don't have to live a restricted life and give up on the adventure of getting out in the world. With planning and a certain mindset, traveling can still be a fun experience.

Planning ahead can help relieve some anxiety. Do a little research before you go on a road trip. Check the Internet or call local chamber of commerce offices to find out if there is a food co-op type store in the town you will be visiting. I am taking a trip with my son that includes stops in Corvallis and Ashland, both of which have food co-ops. Just knowing I will be able to find familiar and safe foods makes me feel much more relaxed.

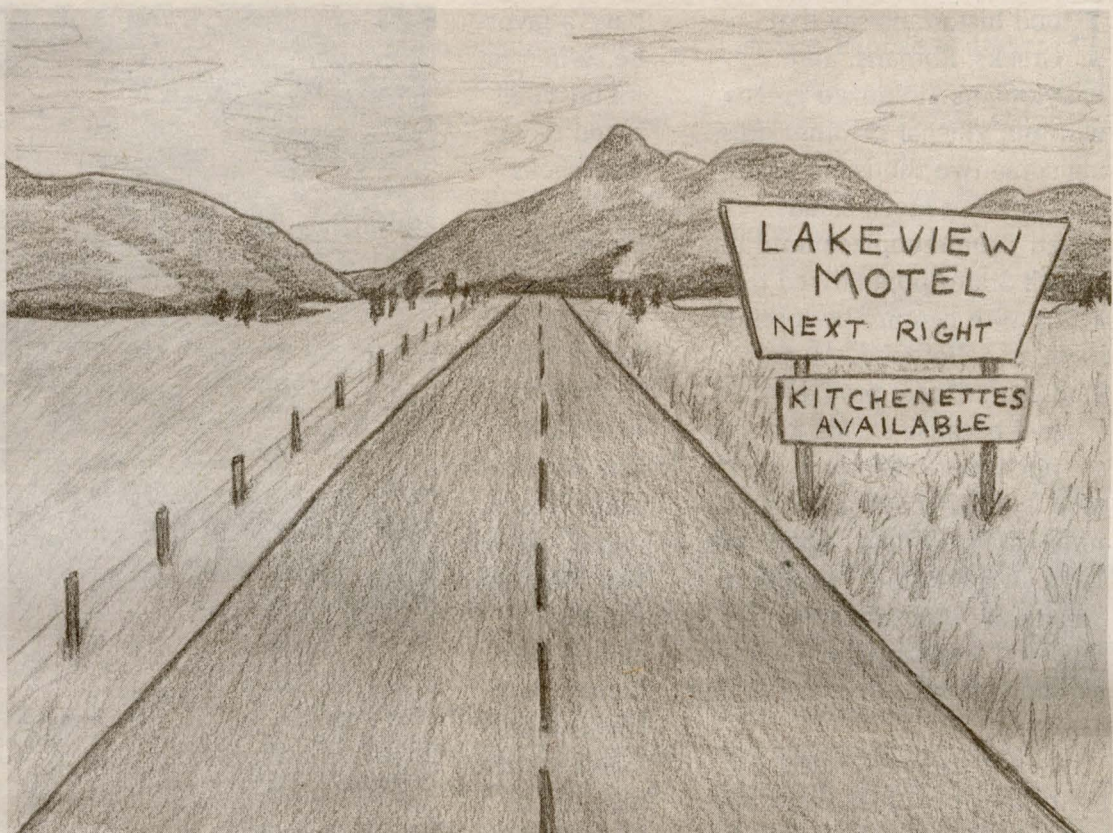
If you are staying with relatives, inform them ahead of time of your dietary restrictions. If your relatives are not willing to cook special dishes for you, bring your own food along. Plan meals before hand and stock up on the foods you will need to take. You can also make meals ahead of time and freeze them. Right now I have several things stored in my freezer for traveling—veggie quiche with a rice crust, turkey and basil pizza with a gluten free crust, homemade four-seed crackers, and curried chicken.

If you are staying in motels, try to find rooms that come with a small kitchen. Then you can make your own meals you know are safe. The extra you may pay to get a kitchen will be balanced out by the money you save by not eating all your meals at restaurants.

If you do want to eat at restaurants, do a little research ahead of time. Many eateries now have Web sites that list their entire menus. You can also call and ask if they cater to people with allergies or gluten issues. Go out to eat at off-peak hours when the chefs have more time to prepare things specially. Mention your specific needs as soon as your waiter comes to the table. Another helpful item is a chef card. This is a printed card that lists the specific things you need to avoid. It is especially helpful for people with peanut allergies who can have life threatening reactions. You can find templates for chef cards online by going to your search engine and typing in "Chef Card Food Allergies." Be polite and express your gratitude when wait staff and chefs are accommodating.

The recipes on this page make good take-alongs for road trips. The lentil salad is flavorful and full of fiber and nutrition. Green lentils are firmer and hold their shape better for salads but you can substitute other types of lentils if you prefer. Don't add salt to the cooking water as it can make the lentils tough.

Calzones are a good make-and-take food for traveling. If you have a dairy allergy, they can be filled with other ingredients



such as cubed potatoes, cooked broccoli, shredded chicken, scrambled eggs, or mushrooms. Be creative and have fun experimenting.

Terri will be on the road this summer because she likes new adventures in traveling more than she dislikes all the required preparation.

## Gluten-Free Calzones

by Linda Etherton, [www.glutenfreehomemaker.com](http://www.glutenfreehomemaker.com)

- ▶ 1 cup brown rice flour
- ▶ 1 cup sorghum flour
- ▶ 1-1/2 cups potato starch
- ▶ 1 tablespoon sugar
- ▶ 1 tablespoon instant yeast
- ▶ 2 teaspoons xanthan gum
- ▶ 1 teaspoon salt
- ▶ 2 tablespoons olive oil
- ▶ 1-1/2 cups warm water (105-115 degrees)
- ▶ meat for filling (e.g. ground beef and onion)
- ▶ shredded mozzarella cheese
- ▶ 1-28 ounce jar pasta sauce
- ▶ olive oil for brushing top
- ▶ coarse salt for top

Preheat oven to 400 degrees. Using a whisk, combine the dry ingredients in the bowl of your mixer. Add the olive oil and water. Mix until the dough sticks together. Gather the dough together and form a ball. Place it on a mat, board, wax paper, or parchment paper that is sprinkled with rice flour. Only a little is needed.

Roll the dough out to about 1/8 inch thickness. Then use a round bowl turned upside down to cut circles from the dough. Just press the bowl down firmly. Mine was slightly smaller than 7 inches in diameter.

You have to keep re-gathering the dough and rolling it to use it all up. The cut circles I placed on a plate with pieces of wax paper between them.

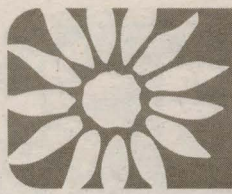
Once all the dough has been cut, you are ready to make the calzones. Place a little pasta sauce, meat, and cheese on one half of each circle. Leave space around the edges, and don't overfill it. Dip two fingers in water and run them around the outside of the circle, then fold it over and press the edges together. The water will help the dough stick together and seal.

Place the calzones on a baking sheet and brush the tops with a little olive oil. Then sprinkle the tops with a little bit of coarse salt. Place the baking sheet in a 400 degree oven and bake for 20-25 minutes. Top each calzone with additional pasta sauce before serving.

## Lentil Salad

- ▶ 1 cup green lentils
- ▶ 1 cup diced carrots
- ▶ 1 cup green peas; cooked
- ▶ 1 cup chopped celery
- ▶ 1 small red onion, chopped
- ▶ 1/2 cup chopped cilantro
- ▶ 1/2 cup crumbled feta (optional)
- ▶ 3 tablespoons apple cider vinegar
- ▶ 3 tablespoons olive oil
- ▶ salt and pepper

Bring 2 cups of water to a boil and add the lentils. Simmer and cook until tender, about 30 to 40 minutes. Drain. Add chopped vegetables and cheese. Mix vinegar and olive oil and pour over salad. Season with salt and pepper.



## Into the Cupboard: Salata

by Ivy Dickinson, Co-op newsletter volunteer

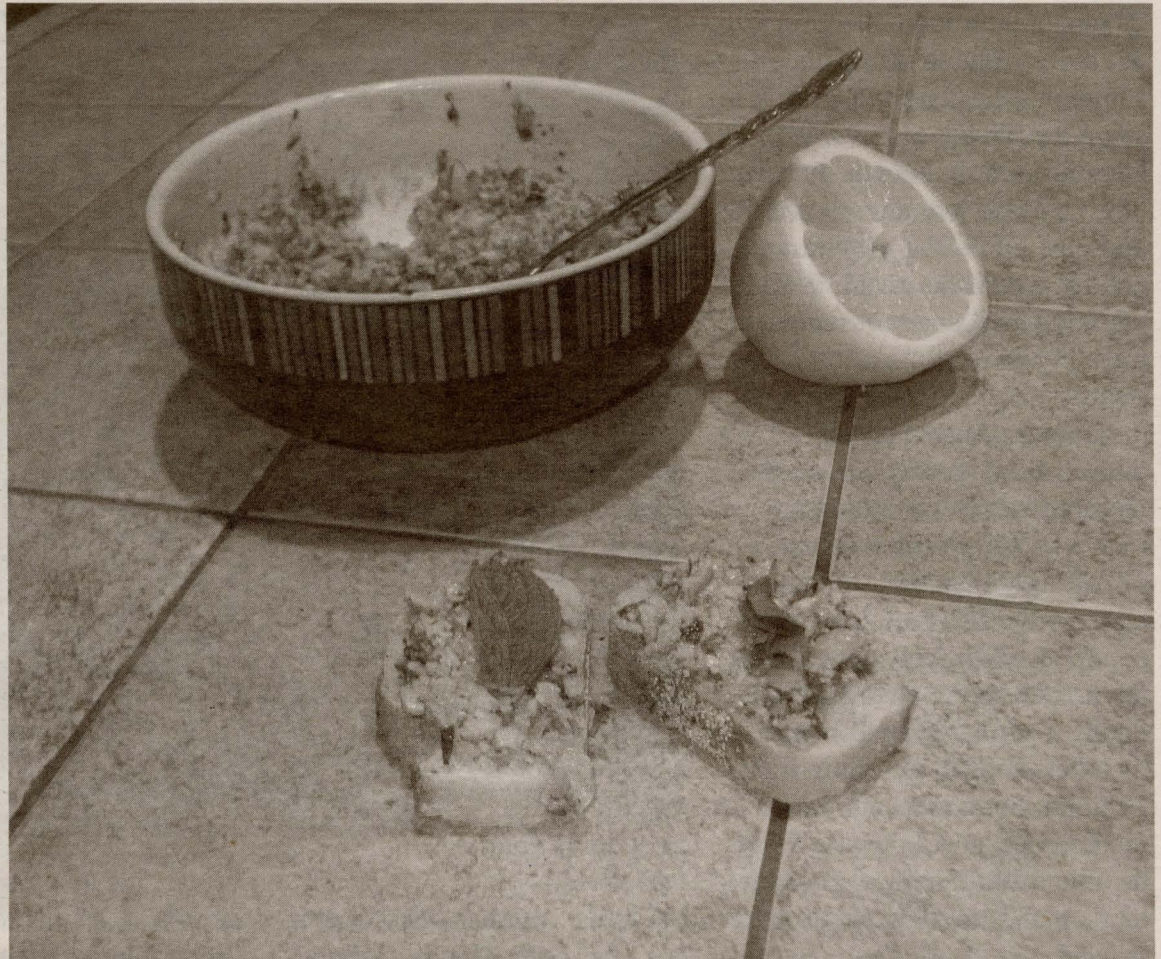
Food historians say that Greeks, Romans, and Babylonians ate mixed greens with oil, vinegar or other dressing some two thousand years ago, but that green salads weren't commonplace until the United States popularized them in the 19th century by touting them as a diet food. All you foodies out there probably just cringed because salads are truly so much more than just "diet food." Salad is actually a highly individualized treat, where you have an opportunity to pair a wealth of complementary flavors and textures in a way that certainly won't leave you feeling deprived.

When it comes to salad, I'll pretty much eat just about anything that is loaded up with lots of nice dark leafy greens (no iceberg lettuce for this gal) and topped with something sweet such as sliced berries or pears, something crunchy like carrots or nuts, and as much fresh stuff from the garden as I can possibly muster. I like asparagus, tomatoes, cucumbers, beans, roasted beets or potatoes, and corn. I've even been known to occasionally throw some cooked grains like spelt, farro, or wheatberries into the mix for added texture. Back in the day, my roommate Erin and I were known for bringing our "drunk" (because they were loaded) salads to any and every potluck in the booming metropolis of John Day, Oregon. I think we were single-handedly trying to diversify the nutritional base of the community.

You have probably figured out by now that I'm a fan of this food group, but just because I'm a fan does not mean that I don't

have a favorite. When my friend Vicki asked me a few weeks ago if I were limited to only five foods for the rest of eternity what they would be, I actually chose arugula as one of my top five. Arugula, or rocket as it is also known, is a small weedy Mediterranean member of the cabbage family that has a pleasantly pungent, almost meaty flavor. When I was digging around for information to add to this article I also discovered that another relative of this family is the nasturtium, which if you've ever eaten the flowers has a very similar flavor that can also be slightly spicy. I always grow some in my garden because they act as a natural pest deterrent and can really add something special when tossed on top of a salad.

I could probably go on and on about this leafy green and how it appeals to me because it can be grown on the Palouse in the spring when few other things can tolerate our exaggerated diurnal fluctuations, or how I just think it tastes so refreshing when it is hot and you're not in the mood for something heavy.



Arugula Edamame Crostini

You get the idea, I like it—and the following recipe is a perfect example of the type of salad I would create with it.

My second recipe is for an arugula crostini. It is a great spring recipe that highlights the flavor and the lovely color of the arugula and shows the diversity of ways in which it can be used. I also make a pesto with it that is great on pizza. I was visiting my friend Nicole and her husband Craig this weekend and tried this recipe out on them just to make sure it was a winner. Nicole said, "I love how I can taste the

flavor of each ingredient," and Craig said, "It's like there's a party going on in my mouth." Since Nicole is one of my oldest friends, she wouldn't have told me she liked it to spare my feelings... This one is worth trying.

Email [ivyrose7@hotmail.com](mailto:ivyrose7@hotmail.com) with all other questions and comments

### Arugula Salad with Maple Vinaigrette

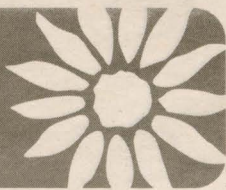
- 1 3-4 cups arugula, washed
- 1/2 Braeburn apple, cored and chopped
- 1/2 cup vertically sliced red onion (slices should be very thin)
- 1 cup sliced mushrooms or other vegetable substitute
- 4 bacon slices, cooked and crumbled
- 1/4 cup maple syrup
- 3 tablespoons minced shallots
- 2 tablespoons red wine vinegar
- 1 tablespoon extra virgin olive oil
- 1 tablespoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 ➤ garlic clove, minced

Combine top five ingredients in a decorative bowl. Combine bottom eight ingredients in a separate bowl, stirring with a whisk. Pour over salad and toss to coat.

### Arugula Edamame Crostini

- 1 cup shelled edamame
- 1/4 cup extra virgin olive oil
- 1-1/2 cups packed baby arugula
- 3 tablespoons grated Parmigiano-Reggiano
- 1/4 teaspoon grated lemon zest
- 1/2 teaspoon fresh lemon juice
- 1 garlic clove
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 baguette, sliced

Preheat oven to 350° F with rack in middle. Pulse edamame beans in a food processor until very coarsely chopped and then transfer half of the mixture to a large bowl. Add 1/4 cup oil, 1/2 cup arugula, cheese, lemon zest and juice, garlic, salt, and pepper to processor and purée until smooth. Add to bowl. Coarsely chop remaining cup arugula and gently fold into the mixture. Place baguette slices on a sheet pan. Drizzle with remaining olive oil. Bake until pale golden and crisp, 8 to 10 minutes. If you like garlic, go ahead and cut an extra clove of garlic in half and rub baguette slices with the cut side of the garlic. Spoon bean mixture onto baguette toasts and enjoy.



## Essential Menus

by Linda Canary, Co-op newsletter volunteer

Here's another week's worth of scrumptious dinners for two that costs \$50.00. Enjoy!

### Sunday

Rice 'n Veggies with Tofu

### Monday

Spaghetti with Marinara Sauce  
Green salad with Vinaigrette

### Tuesday

Chickpea Spread and Pitas

### Wednesday

Nicaraguan Rice 'n Beans  
Green Salad

### Thursday

Potato Pepper Frittata

### Friday

Baked Cod or Sole  
Black bean and corn salad

### Saturday

Leftovers!

### RECIPES

#### Rice 'n Veggies

Cut tofu into one-inch squares. Heat 1/2 inch of oil in wok or

frying pan. Fry the tofu, turning when needed to get all sides brown and crisp. Take tofu out, and sauté 1/2 chopped yellow onion for about 7 minutes. Then add 2 chopped garlic cloves, chopped carrots, zucchini and half a green pepper. Stir-fry until soft, but not mushy. Add the tofu back in to warm it. Then top your

cooked rice with the mixture and season with soy sauce.

#### Marinara Sauce for the Spaghetti

In 2 teaspoons of olive oil, sauté half a chopped onion and 2 cloves chopped garlic until they are translucent. Add tomatoes, 1 teaspoon each of basil and oregano and 1/2 teaspoon of marjoram, salt and pepper to taste. Simmer for 20 min. Add 1/8 cup Parmesan. Simmer until thick.

#### Chickpea (garbanzo) Spread for the Pitas

In a heavy skillet, sauté 1/2 cup minced onions in 2 teaspoons olive oil for about 5 minutes, until softened.

Add 2 pressed garlic cloves, and 1 teaspoon ground coriander, 1/2 teaspoon ground cumin, 1/8 teaspoon cayenne, and sauté for another minute, stirring constantly to prevent sticking. Drain the cooked chickpeas, saving the liquid for adding when grinding them in a food processor or Osterizer until they are a smooth puree. Add the chickpeas to the skillet; add 3 teaspoon lime juice and 1 tablespoon of chopped cilantro. Add salt to taste.

Warm the pitas, and fold them around the spread, with chopped olives.

#### Nicaraguan Rice and Beans

If you forgot to soak the beans the night before, get them soaking by 8 a.m. so you can cook them at 5 p.m. or so. Cook the beans for about 2 hours. Save a third of them for Friday's bean and corn salad. Cook the rice. Sauté a chopped onion in 2 teaspoon oil until soft, then add 2 minced garlic cloves, and sauté for another 5 minutes until the onion is translucent. Add 1/2 teaspoon ground cumin, 1/2 teaspoon ground coriander, 1/2 teaspoon ground ginger, salt and pepper. Then stir in the rice and beans and combine them evenly. (You can add some Worcestershire sauce to the mixture if you have any.) Serve with chopped cilantro (save some for Friday.) If you like salsa and have some, you can use that, too, as a topping.

#### Potato Pepper Frittata

Cut half an onion into strips. Cut the peppers into strips. Cut the potatoes into 1/8 inch slices. In a heavy skillet, heat 1 teaspoon olive oil. Then add the onion and potatoes and cook for 5 minutes. Add the peppers, 1/8 teaspoon thyme, and 1/4 teaspoon salt. Cover and cook on medium heat, stirring occasionally, for about 15 minutes until the potatoes are tender. Remove skillet from heat.

In a large bowl, whisk together the 4 eggs, 2 teaspoon water, 1/8 teaspoon salt and 1/8 teaspoon pepper. Stir in the potatoes, onions, and peppers. Coat the bottom of the skillet with 1 teaspoon oil and when it is hot, pour in the potato-egg mixture and distribute the veggies evenly. Cover and cook for 5 to 8 minutes, until the edges are firm and the bottom has browned. Place under the broiler until the eggs are firm and golden. Cut the frittata into wedges and serve with salsa if you like salsa.

#### Black Bean and Corn Salad

Take the beans that you saved from Wednesday and combine them with 2 cups of corn, 1/2 cups finely chopped red onion, the rest of the chopped cilantro, 2 tablespoons lime juice, 1 teaspoon olive oil, 1/2 teaspoon salt, 1/2 teaspoon ground cumin, and 1/8 teaspoon black pepper. Stir well. Chill (both you and the salad) while the fish cooks.

### Shopping List

(priced on May 17)

#### Bulk items

- 2 cups black beans
- 1 cup garbanzos (chickpeas)
- 1/2 pound spaghetti
- 2 cups brown rice
- 1/8 cup Parmesan

#### Canned Goods

- 1 large can plum-style tomatoes
- 1 large can crushed tomatoes
- 1 can black olives

#### Veggies

- 1 bunch cilantro
- 2 medium-size potatoes (I priced Yukon Golds)
- 1 carrot
- 1 zucchini
- 1 large head lettuce
- 1 red onion
- 2 large yellow onions
- 1 bulb garlic
- 2 green peppers
- (If you're feeling rich, buy a red one and a green one)
- 2 limes

#### Other

- Fish —1 pound cod or sole (priced at Fish Folks who are in Co-op parking lot every Friday)
- 4 eggs
- 2 pitas (you will have to buy a whole package, but you can freeze the rest for later)

#### In your pantry and fridge:

- Olive oil
- Cider or balsamic vinegar
- Cumin
- Coriander
- Ginger
- Thyme
- Basil
- Oregano
- Marjoram
- Salt
- Pepper
- Cayenne
- Mustard
- Soy sauce



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## Native Plants: Serviceberry

by Emily Poor, Co-op newsletter volunteer

Spring is a very happy time for me, and I doubt that I'm alone in that sentiment. The snow starts to melt (if not erratically at first), the migratory birds start coming through town, and the flowers begin to bloom. One plant's blossoms however really seem to me to be the harbinger of springtime, the archetypal native plant



Above: Serviceberry blossoms on Parker Butte outside of Palouse, WA. Right: Serviceberry fruits in mid-summer (Wikimedia commons)

that announces to all the others, "Time to finally get up!"

This, my favorite plant, is serviceberry or Saskatoon berry (*Amelanchier alnifolia*); it grows throughout the Palouse in riparian areas, woods, prairie remnants, or ornamentally in town. Serviceberry is not only an attractive native and ornamental, but is also habitat and a source of food for birds, squirrels, and us.

This shrubby member of the rose family has flowers with lanky white petals and leaves that resemble Bart Simpson heads (oval-shaped with a flat row of teeth on the top). Although its blossoms are done

by now (except in some higher elevation areas), coming up next at a shrub near you will be its lovely little fruits. Resembling large blueberries, they come in blue, violet, and even a little red. Serviceberries are basically miniature, centimeter-wide apples (also in the rose family) with their seeds concentrated in the centers (cores) of the fruits. By late July-early August they should be pretty ripe and ready to pick.

Traditionally, the fruits were added as a flavor and preservative to pemmican, a high-energy food eaten by Native Americans in the winter months made of equal parts of dried, pounded

meat and fat. They taste a little nutty, and—in my opinion—mild, until harvested in winter when the age and cold have enhanced the berries' flavor. Although not as commonly seen here, serviceberry fruits are a popular addition to wine, tea, pies, and cobblers in Canada. In addition, rodents, songbirds, and larger mammals like elk and deer attend attractive serviceberry fruit buffets. The rodents and birds additionally have the benefit of having the fruits growing in their own home, as serviceberry gets large enough to provide habitat and cover for smaller animals.

Serviceberry has a sweet little niche in the Palouse area, not just as a habitat, food source, and sign of spring, but also as a part of the native plant cultivation movement in our region. Serviceberry is a gorgeous ornamental with all the benefits of being a native plant, like requiring little water, being tolerant of our regional soils, and attracting native wildlife. As someone who dabbles in culinary uses for native plants, I find the fruits delightful when heated with honey and drizzled over pancakes, sprinkled over broiled fish, or just snacked on.

Serviceberry is easy to find in most gardening stores. Whether or not you have a garden, however, serviceberry can be enjoyed all over the Palouse as photograph fodder, for bird watching, or for dining.

Emily Poor got her Bachelors degree in Conservation Biology with an emphasis in botany from the University of Idaho. She currently works for the Stillinger Herbarium on the UI campus, teaches Systematic Botany lab in the spring, and is a member of the Idaho Native Plant Society. She really digs plants, both figuratively and literally.

## Co-op Crossword Puzzle

by Craig Joyner, Co-op volunteer

### Across

- 1. every Tuesday at the Co-op, 1st word; 2nd is 21 down
- 6. masculine pronoun
- 8. the secret of Zen
- 9. Jupiter's moon
- 10. Peter Griffin's daughter
- 11. Sierra Nevada or Anchor Steam
- 13. last month's A Dime in Time grantee, \_\_\_\_\_ Problems
- 15. herb often paired with rosemary
- 16. hotels
- 17. potato wedges and onion rings brand
- 22. rule
- 25. South American tea, \_\_\_\_ mate
- 28. flower garland
- 29. despoiler of the Gulf of Mexico
- 30. make a mistake
- 31. falls behind
- 34. largest state, abbreviated
- 35. last month's local producer, Genesee Valley \_\_\_\_\_, last word; 3rd word is 40 across
- 39. last month's profiled employee, 1st name; 2nd name is 19 down
- 40. see 35 across

### Down

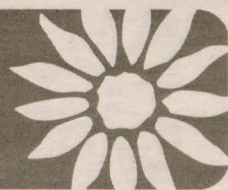
- 1. feta milk
- 2. follow

3. not us, not them

- 4. Spanish for river
- 5. another name for our star
- 6. natural hair dye
- 7. cheaper by the dozen
- 10. bar or me
- 12. atom smasher, initials
- 13. sushi source
- 14. last month's profiled volunteer, Beata \_\_\_\_\_
- 18. \_\_ mein
- 19. see 39 down
- 20. chicken pieces
- 21. see 1 across
- 23. Jasmine or Evening in Missoula
- 24. old tech car phone
- 26. concerning
- 27. boasts
- 32. view
- 33. Spanish for aunt
- 36. doctor degree
- 37. towards
- 38. movie or robotic sentience, abbreviated

1		2	3		4	5		6	7
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39					40				

The past, present, and future all happen simultaneously. Ride the holographic whirlwind!



## Letter from the Land: Wild Salad

by Suvia Judd, Co-op newsletter volunteer

**M**iner's lettuce (*Claytonia perfoliata*) is a nice little plant in the purslane family that is commonly seen on Moscow Mountain in mid-spring. It has slender basal leaves and a cluster of little white, five-petaled flowers on a single stem. It is easily distinguished from other similar looking species in *Claytonia* or *Montia* by the pair of rounded leaves right under the flowers. These are usually fused into a single disc which appears to be pierced by the flower stem—hence, "*perfoliata*."

Miner's lettuce grows in loose soil, usually in partial shade, as under the edge of a tree or shrub. Places it favors on Moscow Mountain include road edges in plowed-up decomposing granite from last year's road grading, a sand bar near a stream, or the diggings of a burrowing mammal. My friend has a volunteer patch in mineral soil around her doorstep. Miner's lettuce likes places that are damp in spring.

Miner's lettuce can look really different in different locations. In bright sun or poor soil its leaves may be tiny and rusty red. In better conditions, like around the edge so of an old manure pile under an ocean spray at my friend's place, it is tall with big apple-green stem leaves that enabled me to easily gather a big handful that made a tasty mouthful.

Miner's lettuce is a great salad green, eaten by North American native peoples and early settlers. With the rise in interest in mesclun salad mixes in recent years, you can now buy it from seed catalogs to grow in your garden. Miner's lettuce is mild and crunchy-juicy, and mixes well with other gentle greens like butter lettuce, or with spicier ones like arugula. It is better to use it as an ingredient rather than making a whole salad out of it, since it does contain some oxalic acid, which can be toxic in high doses.

Another edible in the same

**“Miner's lettuce is a great salad green, eaten by North American native peoples and early settlers. With the rise in interest in mesclun salad mixes in recent years, you can now buy it from seed catalogs to grow in your garden.”**

genus is Spring Beauty. There are many species of Spring Beauty, but ours is the Western or lance-leaf Spring Beauty, *Claytonia lanceolata*. It is one of the first spring wildflowers to bloom, after sagebrush buttercup, and covers open slopes on Moscow Mountain under scattered ponderosa pines. It has one to many five-petaled white to pinkish flowers (often pink-striped) per plant, and slender leaves.

The leaves are edible, and like Miner's lettuce, contain useful amounts of Vitamins C and A, but the amount of leaf is slight, and the part valued for eating is the marble-sized corm. When roasted, this tastes like potato,

and the plant was sometimes called Indian potato. Native peoples would harvest the corms and store them, replanting the smaller ones to maintain the plant.

Other edible members of the purslane family include bitterroot (*Lewisia*), an Idaho native plant that was an important staple for native Americans, and purslane (genus *Portulaca*), of which there are weedy and cultivated vegetable species.

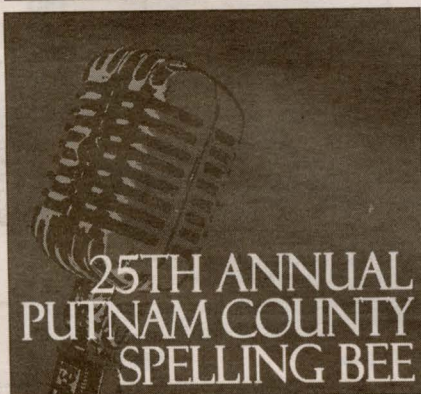
If you want to try miner's lettuce, order seed next year and plant it in your early spring greens garden. Enjoy.



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WILLIAM FINN AND RACHEL SHEINKIN

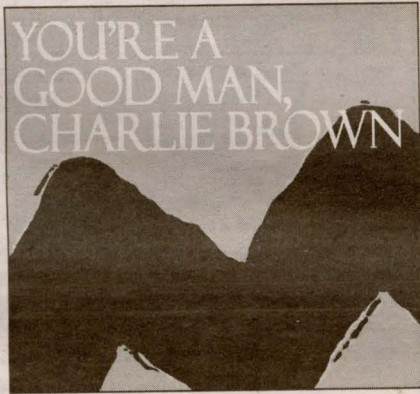
In this one-act, Tony Award-winning musical comedy, six young people in the throes of puberty, overseen by grown-ups who barely managed to escape childhood themselves, learn that winning isn't everything and that losing doesn't necessarily make you a loser. (PG13)

One week only! An exciting new collaboration with Coeur d'Alene Summer Theatre!!

\*\* Purchasing advance tickets is highly recommended.\*\*

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July 1, 2 - 7:30pm



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A family-friendly play featuring local youth!

\*\* Purchasing advance tickets is highly recommended.\*\*

SHOW DATES:

July 7, 8, 9, 10 - 7:30pm  
July 11, 18 - 2:00pm



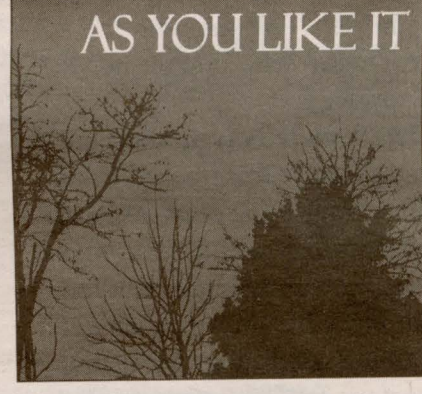
A.R. GURNEY

Take a look into the dining room of a typical well-to-do household. In a mosaic of interrelated scenes, actors portray a wide variety of characters, from little boys to stern grandfathers, and from giggling teenage girls to Irish housemaids. Dovetailing swiftly and smoothly, the varied scenes coalesce, ultimately, into a theatrical experience of exceptional range, compassionate humor and abundant humanity. (PG13)

A true "actor's piece" to make you laugh and cry!

SHOW DATES:

July 14, 15, 16, 17, 29, 31 - 7:30pm  
July 25 - 2:00pm



WILLIAM SHAKESPEARE

Duke Senior has been banished to the Forest of Arden by his tyrannous brother, Fredrick. Rosalind, Senior's daughter, remains at court with her cousin Celia where she falls in love with Orlando. Fearing Rosalind's gentle power over people, Duke Fredrick banishes her as well. In disguise as a boy, along with Celia, she journeys to Arden. Orlando, fearing the malice of his brother also flees to the forest. Rosalind and Orlando meet again, this time with the freedom to discover their true selves. (PG13)

Performed outdoors under the Palouse stars!

SHOW DATES:

July 22, 23, 24, 27, 28, 30 - 7:30pm  
August 1 - 2:00pm



## New at the Library

by Chris Sokol, Adult Services Librarian

**“Go three days without reading and your speech will become tasteless.”**  
—Chinese proverb

Leckie’s journey from basic training to fierce, horrific battles in the Pacific theatre.

**The Jesuit Guide to (Almost) Everything: a Spirituality for Real Life** by James Martin, SJ. Humorous stories, anecdotes, and “user-friendly” examples help the reader understand the practical spirituality for which St. Ignatius Loyola (1491-1556), founder of the Society of Jesus, was known.

**Shell Games: Rogues, Smugglers, and the Hunt for Nature’s Bounty** by Craig Welch. A Pacific Northwest cops-and-robbers tale of the illegal market for wildlife.

**Steelhead Fly Fishing Nez Perce Country: Snake River Tributaries** by Dan Landeen. Interviews with master anglers reveal the story of the fish runs before and after crowds and dams affected the wild fishery; a sidebar of each interviewee’s favorite fly is included.

**Sugar: a Bittersweet History** by Elizabeth Abbott. Once the most powerful commodity on earth, sugar influenced world affairs, caused vast environmental damage, and perpetuated slavery.

**Theo Gray’s Mad Science: Experiments You Can Do at Home—But Probably Shouldn’t** by Theodore Gray. Scientific principles demonstrated through extreme (but effective!) experiments.

**Why-I Am a Buddhist: No-Nonsense Buddhism with Red Meat and Whiskey** by Stephen T. Asma. A philosophy professor demonstrates the beneficial wisdom that Buddhism offers to handle the challenges of modern life.

### Raising & Preparing Food

**Double Take: One Fabulous Recipe, Two Finished Dishes, Feeding Vegetarians and Omnivores Together** by A.J. Rathbun. Finding common ground at the dinner table.

**Keeping Chickens** with Ashley English. Another attractive installment in English’s “Homemade living” series, covering breed selection, housing, egg recipes and more.

**Molto Gusto** by Mario Batali and Mark Ladner. Award-winning chef Batali presents easy Italian favorites served alongside delectable photographs.

**Organic Farming Manual** by Ann Larkin Hansen. A comprehensive guide to starting, running, or transitioning to a certified organic farm.

**Organic Manifesto** by Maria Rodale. Research that affirms the question: Is it really worthwhile to pay more for organic?

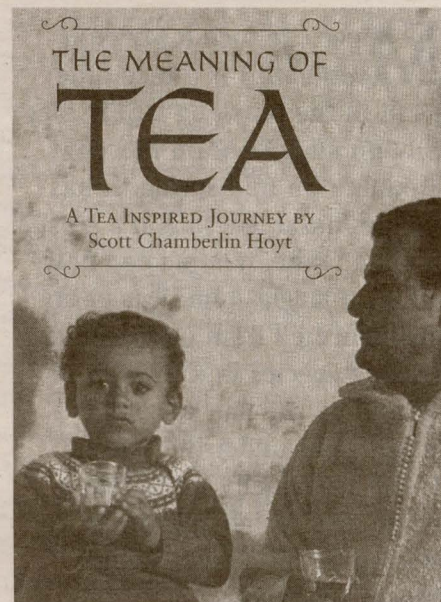
**Raw Energy** by Stephanie Tourles. Raw food recipes for supercharged energy bars, smoothies, cereals, and snacks.

### DVD

**Dirt! The Movie** (U.S., 2009) A humorous examination of the history and current state of the living organic matter from whence we come and whither we will return.

**Earth Days** (U.S., 2009) Robert Stone traces the history of the environmental movement from its beginning in the 1950s to the first Earth Day in 1970, up to its current status as a major political force.

**An Education** (U.K., 2009) An adaptation of Lynn Barber’s memoir about a schoolgirl in



1960s London who has an affair with a dashing older man and is introduced to a glamorous, sexually-charged adult world.

**The Meaning of Tea** (U.S., 2008) A journey through India, Japan, Taiwan, Morocco, England, France, and Ireland to discover tea’s mysterious appeal.

Chris Sokol can’t help but read every single day as Adult Services Librarian for the Latah County Library District ([www.latahlibrary.org](http://www.latahlibrary.org)).

### FICTION

**Anthill** by E.O. Wilson. One of the world’s foremost biologists, whose specialty is Myrmecology (take a guess), makes his debut as a novelist with this story of a boy whose fascination with ants transforms his life and the residents of Nokobee County, Alabama.

**Beatrice and Virgil** by Yann Martel. The author of *The Life of Pi* tells the story of Henry, who receives a puzzling letter which leads him to take an epic journey with a donkey (Beatrice) and a howler monkey (Virgil).

**Eddie Signwriter** by Adam Schwartzman. A Ghanaian mural and billboard painter tries to escape his troubles and begin a new life by illegally fleeing to Paris.

**The Inheritance** by Simon Tolkien. J.R.R.’s grandson, a former barrister, weaves a tale of psychological suspense spiced with family drama.

**Island Beneath the Sea** by Isabel Allende. Born on the island of Saint-Domingue (now Haiti) in the 1770s, slave and concubine Tété—daughter of an African mother and a white sailor—manages to forge a new life in New Orleans with the Frenchman who bought her for his bride.

**The Lonely Polygamist** by Brady Udall. Boise-based Udall tells a tragicomic story of gentle Golden—husband to four wives, father to twenty-eight children—who faces his problems by getting entangled in an affair that threatens to destroy his family.

### NONFICTION

**Diet for a Hot Planet** by Anna Lappé. What you can do about the “climate crisis at the end of your fork.”

**Green Gone Wrong: How Our Economy Is Undermining the Environmental Revolution** by Heather Rogers. Can earth-friendly products really save the earth?

**Helmet for My Pillow: From Parris Island to the Pacific** by Robert Leckie. A vivid first-person account of WWII, following

## Healthy Connections

JUNE

Education + Specialty Clinics + Support Groups + Special Events

Programs take place at Gritman Medical Center unless otherwise noted. For a complete list of all our services and programs, visit us at [www.gritman.org](http://www.gritman.org)

### Safe-Sitter

June 12, 9 a.m. to 4 p.m. \$40

Designed for 11 to 13 year olds, students will learn medically accurate information, child care essentials and much more. Limited scholarship assistance. For more information and to register, call 208-883-2232 or email [leavia@gritman.org](mailto:leavia@gritman.org)

### AARP Driving Program

\$12 AARP Members; \$14 for non members

June 21 & June 22, 8:30 a.m. to 12:30 p.m.

A refresher course for the experienced motorist age 50 and older but open to all licensed drivers. Pre-registration is required. Call 208-883-2232 or email: [education@gritman.org](mailto:education@gritman.org)

### Lunch & Learn – Memory Wellness

June 25, noon to 1 p.m. FREE

Feeling forgetful? Don't worry. You're not alone. Terry Armstrong will discuss memory wellness. Light snacks are provided. At the Gritman Conference Center.

### Childbirth Education Series

June 28 to August 2, 6:30 p.m. to 8:30 p.m. \$40/couple

A six-week series on Monday evenings. Designed to give first time parents an understanding of labor and delivery and much more. Led by the Gritman Family Birth Center in the Conference Center. For more information and to register, call 208-883-6385 or email: [childbirth.education@gritman.org](mailto:childbirth.education@gritman.org)

### Diabetes Wellness Class

Ongoing. FIRST TUESDAY of each month, 4 p.m. to 5 p.m. FREE

Call 208-883-6341 for more information. Gritman Conference Center

### New Moms Support Group

Ongoing & Weekly FREE

For new moms and their babies – newborn to 6 months. Call 208-883-6399 or email [childbirth.education@gritman.org](mailto:childbirth.education@gritman.org) for more information.

### Tobacco Cessation

Ongoing FREE

If you've been thinking of quitting tobacco, now is the time. Learn the skills needed to stop using tobacco for good. Free individual sessions are facilitated by Jim Parsons, a nationally trained Certified Tobacco Treatment Specialist. To learn more or schedule a consultation, call the Gritman Medical Center Sleep Center at 208-883-6236.

GRITMAN MEDICAL CENTER

700 S. Main Street, Moscow, ID (208) 882-4511

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## Managing Your Household Hazardous Waste

by Andy Boyd, Co-op newsletter volunteer

There are many situations in our daily lives where we are exposed to chemicals, some that have not even been tested for human and environmental risks. Although it is difficult to avoid these altogether, there are ways of reducing your overall contact with Household Hazardous Wastes (HHW).

Product labels that include any of the following words are HHW: flammable/combustible, corrosive/caustic, explosive/reactive, toxic/poisonous and radioactive. I often wonder why we are even able to buy some of this stuff in the first place!

The best place to start reducing your exposure to HHW is at home. As you delve into the topic of HHW, you will be amazed at how many products will be included on the list: Air Fresheners, Car Wax, Hair Dyes, Household Cleaners, Moth Balls, Nail Polish and Smoke Alarms are just a few. The US Department of Health and Human Services has an extensive listing of products, manufac-



turers, ingredients, and health effects of products containing HHW and other chemicals that we use in our homes every day (<http://householdproducts.nlm.nih.gov/index.htm>). And remember, suburban lawns and gardens receive more pesticide applications per acre (3.2-9.8 lbs) than agriculture (2.7 lbs per acre on average) (<http://www.beyondpesticides.org/lawn/factsheets/facts&figures.htm#iii>).

On your path to remove these items from your home you may wonder how to properly dispose of the HHW you currently have. These products should never

be placed in your household garbage. Improper disposal of these wastes can pollute the environment and pose a threat to human health. Residents of Latah County can bring their HHW to:

### Solid Waste Processing Center's (SWPC) HHW Facility

Located on HWY 8, 4 miles east of Moscow.

April - October, 8 a.m. - 4 p.m., every Saturday

November - March, 8 a.m. - 4 p.m., the first Saturday of each month

or by appointment (208) 882-5724.

### Residents of Whitman County also have a HHW Facility:

Located at their Transfer Station 6 miles north of Pullman, one mile off of SR 195

Hours of operation are Monday - Saturday, 8 a.m. - 5 p.m.

Contact: (509) 334-2400

Both facilities accept HHW free of charge. Please make sure that all items you bring are in original or clearly labeled containers for safe disposal. Businesses and large generators of HHW should call the above facilities directly to set up disposal.

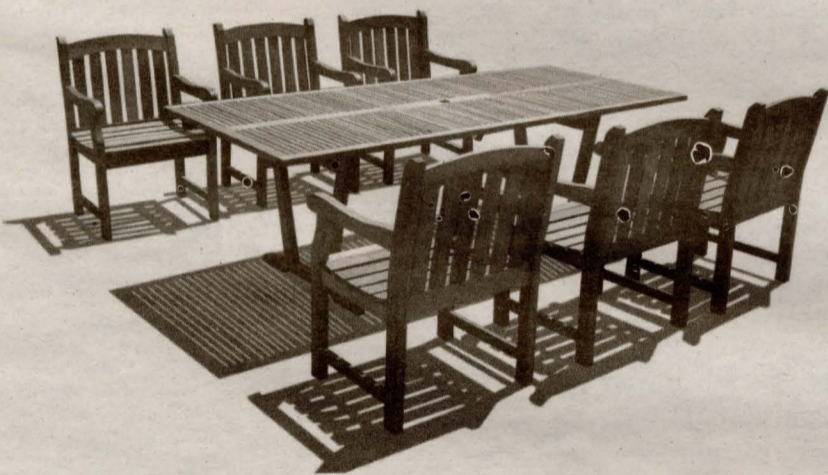
As you identify and remove some of these materials from your home, you are going to have to find alternatives. There are many local businesses that

sell alternative products that contain no HHW. These can range from cleaning products to pest control. There are also some great Web sites to help with this transition as well. For homemade recipes to replace all types of household products containing an assortment of chemicals visit <http://stopwaste.org/home/index.asp?page=585>.

Finally, when thinking about whether these products are safe to be in your home, please keep in mind that every year the Poison Control Center receives hundreds of thousands of calls of overexposure to household chemicals due to ingestion, burns to skin or eyes and the breathing of harmful fumes. Reducing our exposure to these products and properly disposing of the HHW we already have, can make our homes, our environment, and our bodies a whole lot healthier.

Andy Boyd is the manager at Moscow Recycling. He has a Master's in Wilderness Management from the University of Idaho and a Bachelor's in Communications from Ohio University

## FSC Certified Eucalyptus Outdoor Furniture



Eucalyptus is extremely durable and rivals teak in terms of rot resistance, and beauty.

### Why FSC Certified?

FSC (Forest Stewardship Council) Certified Eucalyptus is grown in sustainably managed forests.

The FSC promotes responsible management of the world's forests.

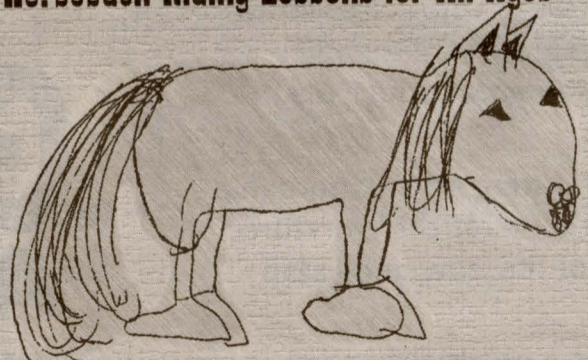
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## PALOUSE REPORT: Foraging for Fungi

EACH SPRING AND FALL  
THE PALOUSE MYCOLOGICAL ASSOCIATION  
MAKES ITS MUSHROOM FORAY



WHILE MORELS  
ARE THE PRIZE  
SOUGHT  
BY MOST,

SOME FOLKS  
COME  
EQUIPPED

TO GATHER  
A MYRIAD  
OF MUSHROOMS.

YOU CAN DISCOVER  
THE FOREST'S  
TREASURES  
ON YOUR OWN,

OR YOU CAN TAG ALONG  
WITH AN EXPERT,

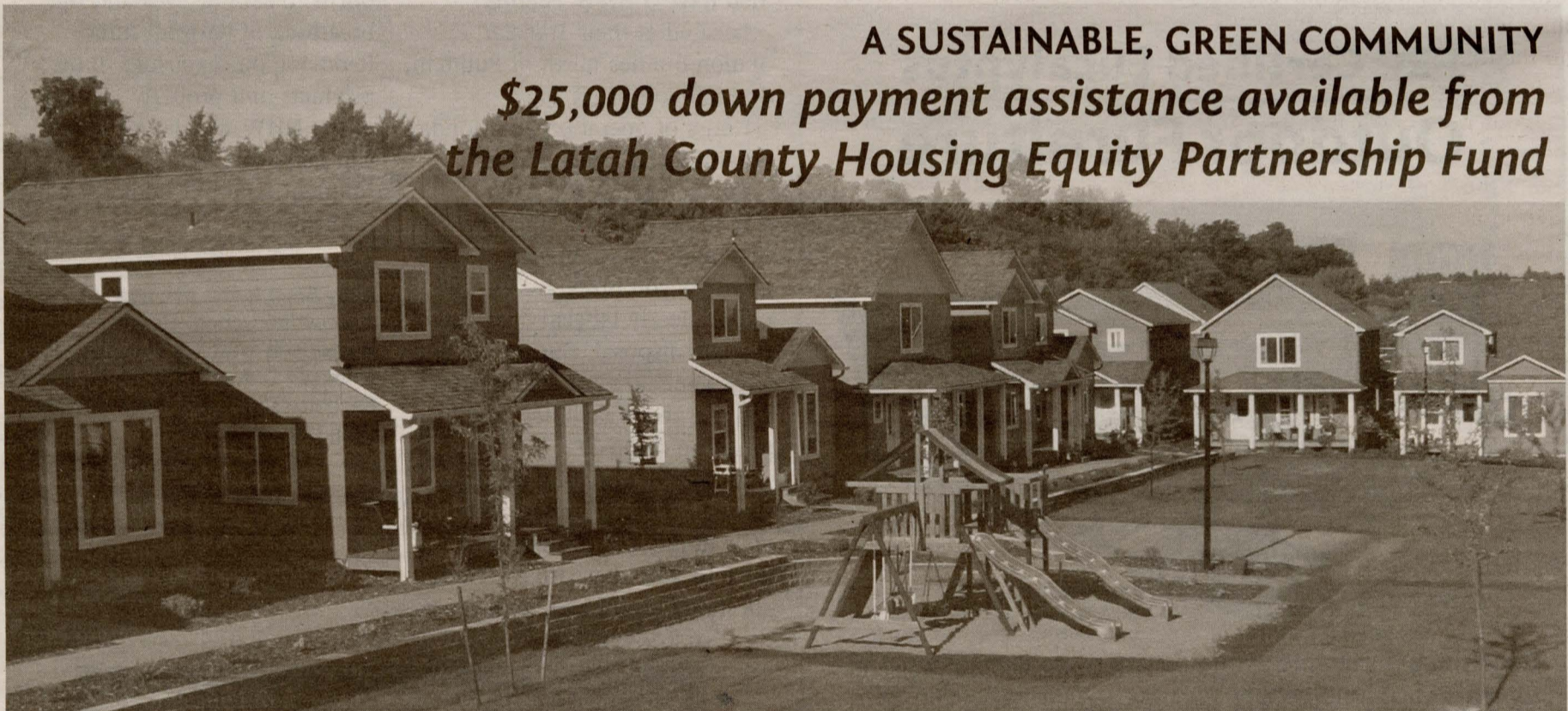
WHO CAN SPOT  
A TEENY STICK,

AND REVEAL  
A WHOLE  
NEW  
WORLD.

THANKS TO TIM PAULITZ, PALOUSE MYCOLOGICAL ASSOCIATION

WWW.ANNABREWER.COM © ANNA BREWER

JUNE 2019



**A SUSTAINABLE, GREEN COMMUNITY**  
**\$25,000 down payment assistance available from**  
**the Latah County Housing Equity Partnership Fund**

Green Acres Community Home Development was designed with two fundamental principals in mind:

- ◆ Concentrating on an affordable neighborhood for the workforce of the City of Moscow and Latah County.
- ◆ Building a neighborhood that is both sustainable and community driven.

# GREEN ACRES

COMMUNITY HOME DEVELOPMENT

[MOSCOWGREENACRES.NET](http://MOSCOWGREENACRES.NET)

- ◆ Certified by the city of Moscow to the Gold level of the NAHB
- ◆ Nominated by Mayor Nancy Chaney for the 2008 Idaho Smart Growth Award

Contact Christin N. Beebe  
509-330-0635



## Green Construction: Which Green Are We Talking About Anyway?

by Alan Brown, Co-op newsletter volunteer

The other day I had a conversation with a friend who shared her concern that building green seemed to be just too expensive; she had done some research and found some astoundingly high pricing on many of the items she thought she would need. I agreed with her that some of the most amazing high-performance products are just simply out of reach for those of us who still have to pay attention to our bottom line; but the spectrum of "green" is a wide one, from simply painting with non-VOC (Volatile Organic Compound) paints, to building a "net zero" high-performance home (a home that not only has an extremely tight envelope and miserly appliances but that also produces as much or more energy than needed to power and heat the home itself). The former may cost you nothing more than conventional paint would, and the latter could cost you up to **\$400 per square foot!**

My point in writing this column is to help shed some light on the differences you may encounter when buying or building your nest, and where best to focus your hard-earned dollars to obtain the greatest bang for your environmental buck!

In our area, it's difficult to make well-informed decisions

about progressive products when it comes to buying or building a home. There's just not that much information easily available and we don't see examples of the products in all of our friends' houses. For building products, we need to really search out all the alternatives. The Natural Abode is a wonderful oasis for help and alternatives. GreenBuildingAdvisor.com is another, though you may be swallowed alive in blog after blog of opinions!

In the larger metropolitan areas, every product supplier will have one green option or many, right alongside their conventional products. And because of the competition, the prices of the more sustainable options in those areas are becoming more and more reasonable. Still, there are some incredibly inexpensive ways to save money and pay the same or even less than conventional buyers, especially when you figure in the utility cost savings over a few years of some of these options. In each of the next few months, I'd like to explore some of these alternatives:

- ▶ Choosing your site carefully for maximum passive solar gain
- ▶ Shaving off some square footage in the design to subsidize some green upgrades and

*“Still, there are some incredibly inexpensive ways to save money and pay the same or even less than conventional buyers, especially when you figure in the utility cost savings over a few years of some of these options.”*

lower heating and cooling bills

- ▶ Re-working your existing floor plan for maximum flow and efficiency
- ▶ When building new, opting for more and better types of insulation for long term energy savings.
- ▶ Getting tax credits for energy saving upgrades

Every one of us can go green and still stay within the budget we originally had. And some, like those of us who buy more expensive organic foods not only because they're tastier, healthier and safer, but because of the support our "statement" offers to the organic industry, will go beyond, spend a little more, and make that same statement to the Real Estate and Home Building Industries.

Questions or ideas? Please contact me at [moondance@cpcinternet.com](mailto:moondance@cpcinternet.com).

Alan is currently celebrating his son Kobe's 3rd "birthday week"

while doing a deep energy retrofit on a Fort Russell charmer and tilling Tracy's flower garden.

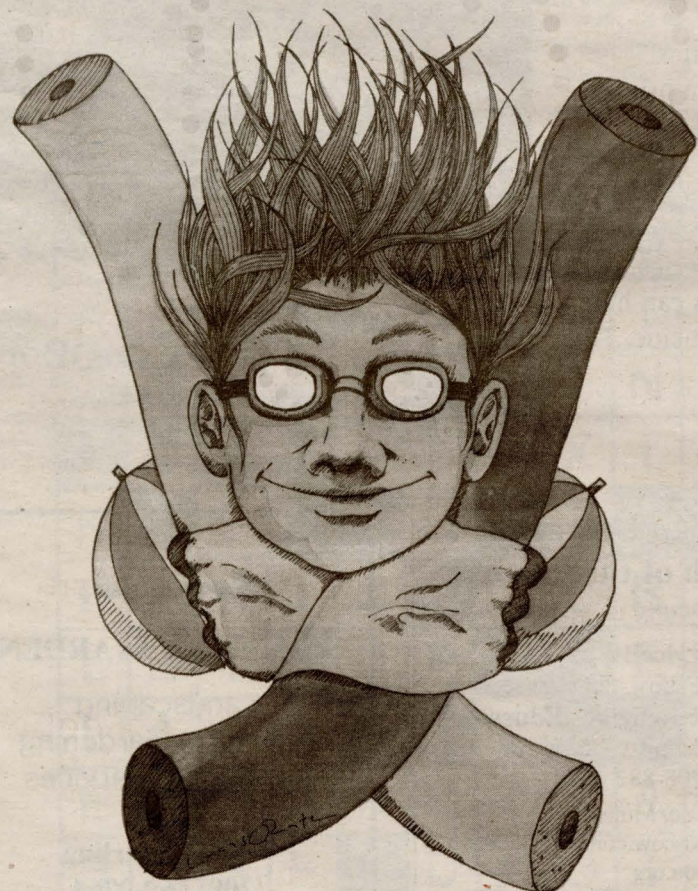
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## Co-op Pool Party!

at the Hamilton Aquatic Center in  
Moscow

Every Thursday evening in July  
(July 1, 8, 15, 22, 29)  
8 - 10 pm

Admission free for Co-op members,  
employees, and volunteers!

Illustration by Lucas Rate



## Fun Flix

by Bill London, Co-op newsletter volunteer

Here's the best videos we've watched lately. What are your favorites?

**The Botany of Desire** .... This made-for-TV documentary from 2009 brings Michael Pollan and his best-selling book, *The Botany of Desire*, to the screen. Pollan traces the co-evolution of four plants with their human protectors. Thanks to humans, these plants (tulips, apples, potatoes, and marijuana) are now cultivated world-wide. The subject is treated clearly enough for teens and their families to watch together and discuss together.

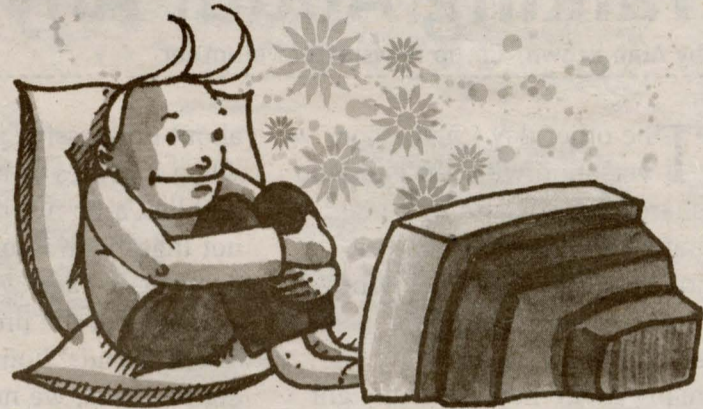
**Everybody's Fine** .... This 2009 film is, at core, a simple tale of

how a family bonds together. What happens if the mother, who glues the whole thing into a functioning unit, dies? In this case, the father does his best to unite with the children, and the story unfolds. The film is well-written and well-acted so it rises above the cliches of the story line. Rated PG-13.

**Gonzo**.... This documentary from 2007 focuses on the life and work of Hunter S. Thompson, the original gonzo journalist. In his ranting, drug-inspired, and outlandish writings about the Hells Angels, Richard Nixon, and Las Vegas, Thompson set a standard for published craziness

in the 1960s and 1970s—a standard that could only be matched by his own personal drug consumption and dementia. The documentary traces the growth of the myth, and the way the myth consumed the man. Rated R for the usual reasons.

These are all available at Howard Hughes Video in downtown Moscow.



Bill London edits this newsletter and awaits the multi-generational fun that will arrive this month.



## Essential Wellness Classes

Friday, June 25 • 7:00 pm in the Fiske Room at the 1912 Center  
Free for Co-op members, \$5 at the door for non-members

### Stress and the Immune System

Many people feel the physical effects of stress. Modern lifestyle, exposure to pathogens (germs), and environmental toxins all disturb the body's ability to cope – both physically and emotionally.

Following a rich and credible history of traditional use in Ayurvedic and Chinese medicine, **Randy Buresh**, herbalist and R.N., will present a natural approach to maintaining optimum health. He will help explain how stress directly affects the immune and digestive systems, as well as sleep patterns and blood sugar levels. Additionally, Randy will explain how the use of adaptogens and other complementary herbs can work to promote good health and well-being.

Randy Buresh is passionate about herbal healing, and passionate about organic and Biodynamic farming. As founder of Oregon's Wild Harvest, he's taken that passion places he could have only imagined, and created a successful business with a foundation based on health and healing, science and validated research. In doing so, he's also created a place where alternative farming meets alternative medicine.

Randy will also address the increasingly urgent issue of the sustainability of traditional medicine. With 64% of the world's population using plants as a primary health care source, yet only 15% of the plants being harvested sustainably, it is more critical than ever that we save our seeds, harvest responsibly, and protect threatened and endangered medicinal plant species. What we do in the next 15-20 years can help ensure the future of traditional medicine. The future is up to us.



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### Unitarian Universalist Church of the Palouse

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Sunday Service 10:00 to 11:15 am  
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Nursery & Religious Education  
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Rev. Kayle Rice, Minister  
uuchurch@moscow.com  
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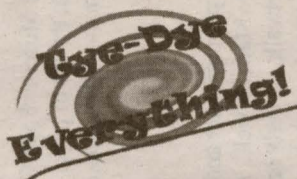


## Sixth Street Retreat

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Near downtown Moscow  
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## Brused Books



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### Hours:

Sunday: 12-5

Monday-Friday: 11-6

Saturday: 10-6

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Your mid-week fresh  
produce market!

Tuesday

Growers Market

New at the Growers Market:

## Seed + Seedling + plant pots SWAP!

During the months of May and June, the Co-op will have a booth where you can:

- Bring in your seeds to swap or plant
- bring in your unused pots to donate or plant in
- buy seedlings from our growers to plant

PLUS, the Co-op will provide the potting soil!



4:30 to 6:30 weekly, on Tuesdays,  
in the parking lot of the Co-op  
121 E 5th Street, beautiful downtown Moscow  
[www.moscowfood.coop](http://www.moscowfood.coop)

## MOSCOW FOOD CO-OP



### Moscow Food Co-op Community News "Unclassifieds" Ad Form

Ads cost 25 cents per word and can be placed by anyone. To place an ad, fill out this ad form, give it to a Co-op cashier, and pay at the register. The running total is below each word; use one word per line. No discounts apply. The deadline for unclassified ad submissions for the following month's newsletter is the 15<sup>th</sup> of the month. The newsletter is published the first week of each month; circulation is 3000 copies.

There is a limit of 80 words per ad, and the Co-op newsletter editors reserve the right to refuse inappropriate or illegal ads. If an ad is refused, the payment for it will be refunded. Ads will not be renewed automatically; if you want to continue to run an ad, you must submit it again.

.25	.50	.75	1.00	1.25
1.50	1.75	2.00	2.25	2.50
2.75	3.00	3.25	3.50	3.75
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17.75	18.00	18.25	18.50	18.75
19.00	19.25	19.50	19.75	20.00

Name: \_\_\_\_\_

Email or phone#: \_\_\_\_\_

Please pay for your ad at the cash register, thanks!

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# Bulletin Board

MOSCOW FOOD CO-OP

## Co-op Events

### Board of Directors Meeting

**Tuesday, June 8, 6pm**  
Fiske Room at the 1912 Center. The Member Forum will begin at exactly 6pm and will end at exactly 6:10pm.

### Co-op Kids – Meet Tuesdays at 9am

**June 8:** Meet at the Moscow Food Co-op Café to make a small hand print map and treasure box.

**June 22:** Meet at the Moscow Food Co-op Café to learn origami, the art of paper folding. [amamaswork@yahoo.com](mailto:amamaswork@yahoo.com).

### Art at the Co-op

**Friday, June 18**

Opening of work by photographer and full-time Co-op employee Mark Howell. Also part of Moscow's Artwalk, a yearly art festival where artwork by local and regional artists displayed in more than 30 participating businesses.

### Music at the Co-op

**Tuesdays from 5—7pm**

(Coincides with the Co-op's Tuesday Grower's Market in the parking lot, which runs every Tuesday from 4:30 - 6:30pm)

- June 1: Bart Budwig of Moscow, Idaho. Alternative country/blues
- June 8: Tara Howe of Moscow, Idaho. Acoustic folk singer-songwriter
- June 15: Corn Mash from Moscow, Idaho. Acoustic rockabilly
- June 22: Mark Maland of Julietta, Idaho. Acoustic rock/country
- June 29: Dan Maher of Pullman, Wash. Acoustic folk

### Co-op Mamas and Papas Group

**Wednesdays at 9am**

Meet in the Co-op Deli in June, meet for conversation and informal talks by experience parents. Complimentary beverages will be provided. More info at [babies@moscowfood.coop](mailto:babies@moscowfood.coop).

### Co-op Good Food Film Series

**Thursday June 17, 7pm**

"Beyond the Motor City" at the Kenworthy. Free. Doors open 6:30pm.

at a Glance  
Budwig  
Papas  
Meet in the Co-op  
Mamas Meeting  
Howe  
Papas  
Mash  
as & Papas  
Food Film  
Book Club  
The June 22—Coop Kids—meet in the Co-op  
Tue June 22—Music—Mark Maland  
Wed June 23—Co-op Mamas & Papas  
Tue June 29—Music—Dan Maher  
Wed June 30—Co-op Mamas & Papas

### Co-op's Good Food Book Club

**Monday June 28, 7—8:30pm**

Will discuss "Gluten-Free Girl" by Shauna James Ahern. "Gluten-Free Girl" is available at BookPeople on Main Street in Moscow. Co-op Book Club members receive a 20 percent discount. Meet at a private residence (email [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop) for directions)

### Farmer Advocacy Co-op Team (F.A.C.T.)

**Fridays 11am—4pm in the Co-op**

Find FACT in the front of the store next to the Co-op's produce section. They will be sampling out simple, seasonal, affordable recipes featuring local, regional and bulk foods.

### Community Events

#### Appaloosa Fest 2010

**11am-2pm**  
Museum. With Appaloosa plays, participate in our and art activities, and more information ☎ 882-

[appaloosa.com](http://appaloosa.com).

#### Concert Series

**8pm**  
with Jeanne McHale who the Key of Moscow at

Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843

### June Herb Walks

**Wednesday June 16, 6:30—7:30pm**

**Saturday June 26, 10—11am**

Fun walks identifying local common weeds and learning about their edible, medicinal, first aide, and psychological health benefits. \$15 each class. We will walk at Robinson County Park in Moscow.

More information: ☎ 883-9933 or visit [www.IdahoHerbs.com](http://www.IdahoHerbs.com)

### Art Camp

**From June 21**

It is a 5-hour a day, 2-week camp for kids 7 - 14 who are interested in painting, drawing and... Call Linda Canary at [lcanary@hotmail.com](mailto:lcanary@hotmail.com)

### Barn Events

**30pm**

music from the 50s, 60s or dancing. \$7 at door.

**4pm**

or work in pastels and through June 27

**7pm**

Band. The concert s if weather permits; \$ at the door.

### Vigil for Peace

**Moscow: Fridays 5.30—6.30pm**

Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action.

[palousepeacecoalition@gmail.com](mailto:palousepeacecoalition@gmail.com)

**Pullman: 1st Fri of month, 12.15—12.45pm**

Under the clock by the Public Library. ☎ 334-4688, [nancycw@pullman.com](mailto:nancycw@pullman.com)

We want to hear from you!  
Send us your community announcements by email to [events@moscowfood.coop](mailto:events@moscowfood.coop) by 24th of the month.

If your event is at the beginning of the month, please send it for inclusion in the previous month's newsletter!

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